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Your essential daily news | WEEKEND, JULY 17-19, 2015

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Your essential daily news | WEEKEND, JULY 17-19, 2015

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A real Gift for cancer patients

Cancer survivor Tara Torchia-Wells is set to open a first-of-its-kind-in-Winnipeg, "one-stop shop" for cancer patients that aims to bring all the things patients need under one roof. Read about The Unexpected Gift in metroNEWS. SHANE GIBSON/METRO

Province failing kids, says report

GOVERNMENT CARE

Manitoba lacks resources for high-needs children

A report from Manitoba's children's advocate says provincial child welfare has "deteriorated into a chronic state of emergency" and is failing kids with complex needs.

The report, released Thursday, says about one-third of 10,000 children in government care are high needs because of trauma including sexual abuse, mental-health issues and addiction.

Many of the high-needs children are in government care because their families can't manage them on their own.

The report suggests the province isn't capable of providing the necessary support.

"Manitoba does not have sufficient resources to meet the needs of this vulnerable population."

The report says Child and Family Services doesn't look to the future, but focuses primarily on keeping kids safe in the short term with expensive emergency placements.

Since there aren't enough spots for children with complex needs, they have ended up in emergency shelters and hotels. The use of hotels is now banned.

Rachel Morgan, spokeswoman for the family services minister, emailed a statement saying the province has increased the number of specialized treatment beds, added more access to mental-health services and committed to hire more staff. THE CANADIAN PRESS

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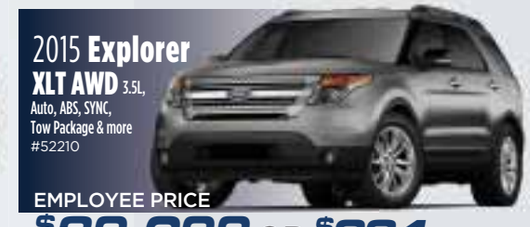

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metro NEWS

Your essential daily news

Many Canadians take work on vacation. **Business**

TODAY'S FRINGE FESTIVAL PICKS

Metro Winnipeg and CBC Manitoba present a selection of reviews

Let's CRUMBS Again

It takes a lot of practice to be this good at making stuff up.

CRUMBS is a comedy featuring two well-known Winnipeg improvisers — Lee White and Stephen Sim. The duo has performed together at Fringe since 1998 and that experience is plain to see.

Both Sim and White seem to think with one hilarious brain. They transform audience suggestions into complex story arcs and characters with nearly fully formed identities. While a handful of jokes land squarely below the belt, the duo manages to avoid vulgar territory. Prepare to laugh a lot but also be strangely moved by touching moments between Sim and White, neither of whom shies away from exploring a little sincerity.

Providing an additional entertainment is DJ Hunnicutt who expertly selects music and sound effects throughout the performance. **LAURA GLOWACKI**

Butt Kapinski

It takes an incredible amount of talent and training to bring a disparate group of audience members together to create the film noir experience that is Butt Kapinski, and Deanna Fleysher pulls it off with courage and style and humor.

Picture this. Private eye Butt Kapinski enters the stage wearing a seen-better-days suit, with a ratty trench coat. Attached to the collar is a lamp post which lights the show. That alone is one of the freshest pieces of stagecraft I have seen in ages.

What unfolds is an atypical boilerplate detective adventure with the audience providing the cast, sound, and lighting. Is it perfect? It can't be. Momentum and creativity build and flounder and build again as Fleysher guides the audience through the unknown. But it's worth the trip. Throw caution to the wind, stare down danger with a steely glance, and walk the mean streets with Butt Kapinski. **MICHELLE PALANSKY**

World's Greatest Dad*

According to Morgan Cranny, there are four steps required to becoming the world's greatest dad. In this one-man show, he shares what he's learned from 19 years of fatherhood, recounting anecdotes from his own childhood along the way.

Unfortunately, Cranny is funnier than his material. While some of his writing is on-point (the duck-hunting story was a highlight), several bits went on far too long. Also, he relied a little too much on self-deprecation for my taste. (We get it: You're a fat guy. Move on.) Luckily for him, Cranny is also immensely likeable. This comedian is at his best when he's just being himself (not everyone can get away with earnestly using the word "pizzazzy"), making jokey asides and bonding with the audience (who knew so many have eaten at Florida's Golden Corral buffet?). **MARLO CAMPBELL**

FIND MORE REVIEWS AT CBC.CA/MANITOBA/FEATURES/FRINGE/

Main street awash as village hit by deluge

WEATHER

Areas outside Winnipeg see floods, storm

A storm brews over Carman, Man. Wednesday night. @LOVESTORMSMB/TWITTER

Some people in a community south of Winnipeg found themselves up to their knees in runoff Wednesday night after severe thunderstorms pounded across southern and western Manitoba and caused a flash flood.

About 75 millimetres of rain thundered down on St-Pierre-Jolys, leaving the village's main street awash.

A section of Highway 59, which runs through the community, had to be closed, forcing drivers to take a short detour.

Emergency crews say a few parked vehicles caught by the high water were damaged and had to be towed.

Streets and parking lots were also flooded in Brandon, where a storm dumped about 60 millimetres of rain in about an hour.

Environment Canada says wind gusts reached nearly 100 kilometres an hour in Morris, which was also pelted with hail the size of a toonie.

The severe weather missed Winnipeg, even though a severe thunderstorm watch had been issued for the city.

More severe storms are possible, according to Environment Canada.

THE CANADIAN PRESS

DOWNTOWN

Lane closures below skywalk

Lane closures downtown are coming now that "major repair milestones" to the skywalk between the Delta Winnipeg Hotel and the RBC Winnipeg Convention Centre have been reached.

The city said Thursday the contractor working on the project has now begun work to repair the skywalk, which includes installation of a temporary support system.

There will now be some lane closures to accommodate the shoring work.

A section of the west curb lane of Carlton Street between St. Mary Avenue and York Avenue will be closed from 7 a.m. on Monday, July 20 to 5 p.m. on Friday, Aug. 7.

The three remaining lanes and the bike lane on Carlton Street will remain open.

The city said drivers in that area should expect longer travel time, or plan to use different routes in the area to get where they are going.

Once that temporary shoring is done, final design and construction of a permanent repair will begin.

The skywalk was closed to pedestrian traffic on April 9 when it was noticed there was a need for an assessment of the connection to the Convention Centre. DAVE BAXTER/METRO

IN BRIEF

Entrance fees waived at Manitoba provincial parks this weekend

It's a free-for-all at provincial parks in Manitoba this weekend.

Park vehicle permits will not be required from July 17-19 at all provincial parks as Manitoba marks the 26th annual Canada's Parks Day.

Nightly camping fees and fees in national parks will still apply. METRO

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LETTER BOMBING

Accused still seeks lawyer to take case

A Winnipeg man accused of mailing letter-bombs to his ex-wife and two law firms is looking outside of Manitoba for a lawyer to take his case.

Guido Amsel appeared briefly in court Thursday via video link from the remand centre where he is being held. Steven Keesic, a lawyer acting as a friend of the court, said he had spoken with Amsel and had also started talking to lawyers outside the province who might be willing to take the case.

Amsel, 49, faces charges including attempted murder and aggravated assault following a series of bombings earlier this month in which police say explosive compound was packed into recording devices.

One blast seriously injured lawyer Maria Mitousis, who had represented Amsel's ex-wife in divorce proceedings, as she worked in her small family law practice. Mitousis lost a hand in the explosion and underwent 12 hours of surgery for injuries to her upper body and thighs.

Another bomb was sent to an auto repair shop where Amsel's ex-wife works and was safely detonated by police. A third was sent to a law firm Amsel had hired in a legal battle with his wife over money from a business the couple owned.

Amsel may be having a tough time finding a local lawyer to take his case for a few reasons, said Jay Prober, one of Winnipeg's most high-profile criminal lawyers.

Many lawyers would have a conflict of interest, Prober said, if they had worked with Mitousis, or are friends with her, or have helped a fundraising campaign that has raised $81,000 for her recovery.

Some lawyers may also be concerned about personal safety, he said, but a more widespread feeling is that the crimes Amsel is accused of are an attack on the legal system.

"It's a colleague," Prober said Thursday. "And to me, and perhaps most criminal defence lawyers, that is a roadblock."

Prober added it is in Amsel's own interest to get a lawyer from outside the province because they would have no connection to the law firms Amsel is alleged to have targeted.

Amsel has not entered pleas on the charges and has not yet indicated whether he will seek bail.

THE CANADIAN PRESS

CAMPAIGN SHEILA NORTH RUNNING FOR GRAND CHIEF Former Winnipeg television reporter Sheila North Wilson officially launched her campaign to become the next Grand Chief of the Manitoba Keewatinowi Okimakanak (MKO) at the The Manitoba Indigenous Cultural Education Centre Inc. in Winnipeg Thursday. Tyler Duncan of Norway House Cree Nation is also running in the election, which will be held in Nelson House Sept. 2. SHANE GIBSON/METRO

Cancer survivor set to open a 'one-stop shop'

PATIENTS

New store will have products, services and support

Shane Gibson
Metro | Winnipeg

A Winnipeg cancer survivor has turned her experience living with the disease into a business venture she hopes will make life easier for others who've been diagnosed.

Tara Torchia-Wells was diagnosed with breast cancer in 2012 and says among the challenges that come with the disease, one that people don't think about before being diagnosed is all the products and services that come along with the fight.

"Depending on what kind of cancer you're going through, there's a number of items you need, from a wig if you lose your hair, to skin care for radiation … or if you've had a mastectomy, you need a mastectomy bra or a breast form," she explained. "You're venturing out to a bunch of different places to try and find these things and you're in the middle of treatment and you're exhausted … it's already a hard thing to get through."

To fill the gap, Torchia-Wells brings all of the things she had to drive around town to find under one roof at The Unexpected Gift, a unique storefront set to open July 27 at 1116 Portage Ave.

As well as selling products like non-toxic skin care and cosmetics, wigs and headwear, lymphedema sleeves and mastectomy wear, The Unexpected Gift will also have a esthetician with a certificate in oncology esthetics to do manicures, pedicures, and facials.

They will also have a registered massage therapist for therapeutic and oncology massage.

There will be gift cards and books and Torchia-Wells said the store will do special orders.

But what Torchia-Wells hopes will help cancer patients and their friends and family the most are the couches and chairs that greet customers as they walk in the front door.

"Just hanging out with your friends and family or other people who are going through it I think will be helpful," she said.

"I want you to walk in and I want you to think you're home. I want you to feel like you've been embraced."

For more information go to theunexpectedgift.ca.

Tara Torchia-Wells, owner of The Unexpected Gift, holds up one of the wigs her store will carry when it opens July 27. SHANE GIBSON/METRO

NHL and CFL royalty join Hall of Fame

MANITOBA

Kennerd and Ranford two of seven inductees

Dave Baxter
Metro | Winnipeg

Both a three-time Grey Cup champion and a two-time Stanley Cup champion are among the inductees who will take their spot in the Manitoba Sports Hall of Fame this fall.

The Hall announced its 2015 class on Thursday in Winnipeg, and seven athletes, two builders and one team will enter the hall at an induction ceremony in November.

"What's really cool about this is 2015 is the 25th anniversary of the 1990 Grey Cup," said former Winnipeg Blue Bomber place kicker Trevor Kennerd, referring to the last time the Bombers won the cup.

"Also in 2015 Winnipeg is the host of the Grey Cup, so for myself it is an induction that is really focused on team."

The 1964-65 University of Manitoba Bisons Hockey team will go into the hall as the only Manitoba university team to ever win a national championship. "It's a great honour," said Chuck Meighen, captain of the 64-65 team, which is already in the Manitoba Hockey Hall of Fame. "This is icing on the cake."

Also receiving the honour this fall as athletes are two-time Stanley Cup winner Bill Ranford, basketball player Ken Opalko, sprinter Ken Peters and rower Jeff Powell.

Going in as builders are Arjinder Chawla and Gordon Cummings. Tickets for the Induction Dinner go on sale Sept. 1.

Former Bomber kicker Trevor Kennerd will be inducted into the Manitoba Sports Hall of Fame this fall. DAVE BAXTER/METRO

COUNCILLOR

Sharma's library push for Old Kildonan

Coun. Devi Sharma thinks people in the Old Kildonan Ward should not have to wait around for a new library.

"Modern public libraries are community hubs," said Sharma. "They are destination places for early childhood literacy, leisure activity and lifelong learning."

The city recently announced a new strategy looking to upgrade or replace a number of the city's aging libraries.

The West Kildonan library at 365 Jefferson Ave. currently serves the area, but because of ward boundary changes is not technically in the ward, and Sharma thinks the library, which was built in the '60s, has seen better days.

"It's crowded, so there's a lot of spatial challenges there for providing library services, and there's limited accessibility and limited parking."

The city's strategy says funding for a new library in the Old Kildonan area should be included in the city's budget in 2021.

"So the idea is the West Kildonan Library will be moving, but it's the timeline that concerns me," said Sharma.

A motion by Sharma is now asking the city's administration to report back in the fall with options to move the date of funding from 2021 to 2017.

"2021 is very far off, so something before that date would be appreciated by the community."

"There has been so much growth in the Old Kildonan ward with all the development, and there is great value to having a modern public library in the community, and that just doesn't exist right now.

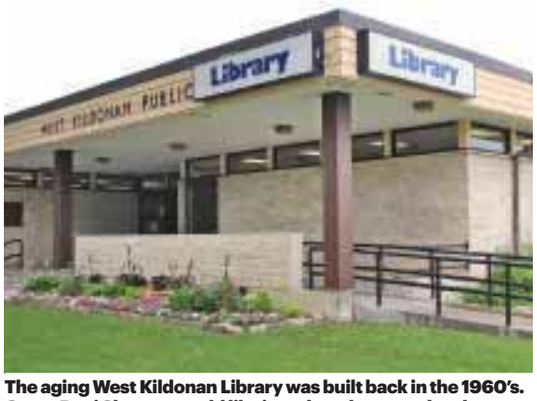
"And we need a location that more accessible to all."

Sharma was asked if pushing for the 2017 date could help her chances in a future election, but said it is not about scoring political points.

"This is about the people and the community."

DAVE BAXTER/METRO

> **They are destination places for early childhood literacy, leisure activity and lifelong learning.**
> Coun. Devi Sharma on libraries



The aging West Kildonan Library was built back in the 1960's. Coun. Devi Sharma would like it replaced sooner than later.
DAVE BAXTER/METRO

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Q: How did you gain your weight?

A: Not eating enough and being inactive.

Q: What was the final straw that made you decide to start your weight loss journey?

A: I saw how much I weighed on the scale. I was turning 30 and finally felt ready for a change for myself.

Q: How did you feel about seeking help with your weight loss?

A: I was more than ready, which made it very easy to seek the help I needed.

Q: What happened initially when you started with U Weight Loss Clinic?

A: I came in all by myself and everyone was so welcoming. I really liked the simple science behind the program and I signed up that very moment.

Q: So what did you like most about the program?

A: I get to pick my own meal plans and the constant encouragement from the staff. I definitely would not be where I am today with the weight if it wasn't for them.

Q: What made this program different than other diets you tried?

A: U Weight Loss isn't a diet. It is a lifestyle change. I have learned so much about my body fat, about food products, and how much I should be eating.

Q: What kinds of foods did you combine? What are some of your favourite combinations?

A: I had hundreds of recipes to choose from. One of my favourites is the Turkey Chili.

Q: How do you feel now?

A: I feel absolutely amazing. I feel healthy and finally understand how my body metabolizes food.

Q: Any advice for anyone struggling with weight loss and health related challenges?

A: You are the only one who can change your life. This is a lifestyle change. You have to be ready and when you are, U Weight Loss is here for you. I am one of many successful people. The support they give you is huge and really makes a difference. This weight loss has changed my everyday life is such significant ways. 6 months later and I am still keeping my weight off because of the knowledge I received from this amazing program. I encourage you to call and find out for yourself how simple it truly is.

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PETS

Adoption special at WHS: Free cats

The warm weather means the Winnipeg Humane Society is dealing with a high number of surrendered and stray cats.

"Cats start reproducing when it's warm outside and we start seeing more and more cats and kittens," said Judy Dean, adoptions manager.

More than 2,700 cats have arrived at the WHS so far this year, with more than 220 coming in July alone, said the shelter.

"We're happy to do whatever we can to help these cats find loving homes," Dean added in a press release.

So the province's largest shelter is waiving adoption fees on Friday for cats older than six months, and will reduce adoption fees for kittens under six months.

The normal adoption fee for felines is $79 and kittens are between $129 and $179.

Adoption fees will be waived, but the same adoption process will be in effect. Potential adopters need to bring ID with a current address, a carrier and their patience as the adoption process can take over an hour, said the WHS. All cats adopted from the WHS are spayed/neutered, have a tattoo ID, first vaccination, 30 days of PetPlan insurance and a two-week health check.

Fees will be waived from 11 a.m. through 7 p.m. on July 17. METRO

2,700

The number of cats that have arrived at the WHS in 2015 to date. In July alone, more than 220 came to the shelter.

IN BRIEF

Transit union offers reward for return of missing woman

The union that represents Winnipeg Transit employees is offering a reward for the safe return of Thelma Krull.

Krull, 57, has not been seen since leaving her Harbourview South home for a walk Saturday morning.

The Amalgamated Transit Union Local 1505 announced Thursday they're offering a $5,000 reward for information that results in Krull's safe return to her family.

Anyone with information is asked to call the Winnipeg Police Service Missing Persons Unit at 204-986-6250. METRO

Red River search for man seen in water

The Winnipeg Police Service Dive Unit is searching the Red River after several people reported seeing a man in the waters near the Provencher Bridge Tuesday night.

Police including the River Patrol and emergency crews were called to the bridge around 9:30 p.m. but were unable to find the man. Police said Thursday the Dive Unit was on scene continuing the search. METRO

Police warn of tax scam

Ever want to hang up the phone on the tax man?

Police are advising to do just that if someone calls claiming to be from Taxation Canada and demanding payment through gift cards for late taxes.

Police say they've seen a recent spike in reports of the scam and the Commercial Crime Unit is investigating. METRO

A sow polar bear resting with her cubs on the pack ice in the Beaufort Sea in northern Alaska. THE ASSOCIATED PRESS

Climate change a great burden to bears

ENVIRONMENT

Western Hudson Bay animals face extinction

A study suggests polar bears are not as resilient to climate change and disappearing sea ice as once thought.

The research, published Thursday in the journal Science, found the bears are not capable of slowing their metabolism by going into "waking hibernation" when food is scarce.

That contradicts a long-standing hypothesis that polar bears could adapt to shrinking sea ice by conserving energy if they couldn't hunt.

"Bears cannot use a hibernation-like metabolism to meaningfully prolong their summer period of fasting and reliance on energy stores," the study says.

"Our findings suggest that bears are unlikely to avoid deleterious declines in body condition, and ultimately survival, that are expected with continued ice loss and lengthening of the ice-melt period."

Researchers tracked polar bears in the Beaufort Sea north of Alaska for two years.

The hefty mammals depend on winter hunting to build up enough fat to carry them through the lean summer months on land. But Arctic waters now don't often freeze up until early December and thaw much earlier in the spring. That leaves polar bears with less time to bulk up on fatty seal meat.

"Polar bears are indeed threatened by loss of sea ice."
Steven Amstrup, co-author

Polar bears can lose at least one kilogram of fat a day when they aren't on the ice. Given they can be off the ice for up to 150 days, the hefty bears can lose well over 100 kilograms, leaving some emaciated by the winter freeze-up.

"Polar bears are indeed threatened by loss of sea ice," said Steven Amstrup, chief scientist at Polar Bears International and co-author of the paper. "They have no greater ability to survive a period of food deprivation in summer than other mammals do."

Canada is home to about two-thirds of the world's polar bears, but experts say climate change could make the western Hudson Bay population extinct within a few decades.

Brandon Laforest, senior specialist of Arctic species and ecosystems with the World Wildlife Fund, said the study underlines that the "No. 1 threat to polar bears" is climate change. THE CANADIAN PRESS

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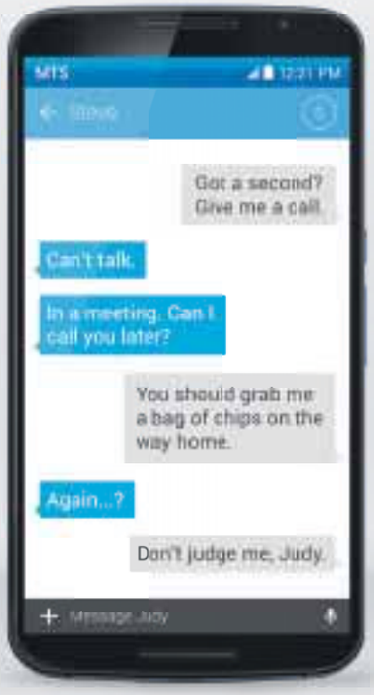
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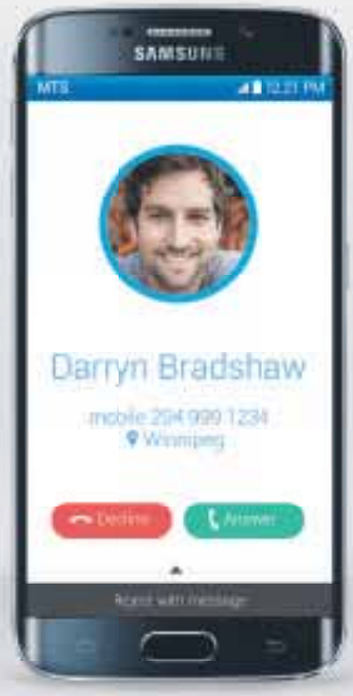

Samsung Galaxy S6 Edge

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POLITICS

Premiers to feds: Boost health funding

Health-care protesters outside a meeting of Canada's premiers in St. John's, Thursday. ANDREW VAUGHAN/THE CANADIAN PRESS

Canada's premiers are asking the federal government for more health-care funding, saying an increase would help transform the existing health-care system and offset the impact of an aging population.

A statement from Premier Paul Davis of Newfoundland and Labrador says the premiers are asking Ottawa to increase the Canada Health Transfer to cover at least 25 per cent of all health-care spending by the provinces and territories.

The statement released after Thursday's Council of the Federation meeting in St. John's says that each province and territory faces similar challenges, including increased overall health-care costs, a rising need for home and palliative care and support for "informal" caregivers.

"Premiers discussed the ... growing financial pressures population aging will have on their governments, particularly regarding health care," reads the statement. "These financial pressures reinforce the need for the federal government to increase its funding for health care."

An emailed statement from Health Minister Rona Ambrose's office says the Conservatives have transferred the highest amounts in history to the provinces and territories for health care and are on track to reach $40 billion annually by the end of the decade.

It says Ottawa will provide $27 billion for health care over the next five years, and health funding was being increased at a higher rate than the provinces were spending it.

Outside the meeting, a small demonstration called attention to medicare funding.

Debbie Forward, president of the Registered Nurses Union of Newfoundland and Labrador, said the federal government is not paying its fair share for health care. Forward said a report released Thursday by the Canadian Federation of Nurses Unions estimates that proposed federal funding changes could drain more than $43 billion from the health system over the next eight years. THE CANADIAN PRESS

25%

Premiers are asking Ottawa to cover at least 25 per cent of health-care spending by the provinces and territories.

Eatery bills set to rise

FOOD AND DRINK

Soaring food costs to make dining out more pricey

Canadians grown accustomed to paying more for groceries shouldn't expect to find cheaper prices in restaurants.

Quarterly figures from Restaurants Canada suggests that 65 per cent of the country's eateries report their food budgets are higher than they were at the same time last year. They say soaring prices for beef, pork and produce are eating into razor-thin profit margins. In order to keep up, 54 per cent of restaurants say they're expecting to raise their menu prices some time in the next six months.

That's up slightly from the previous quarter when 50 per cent of restaurants responding to the organization's outlook survey planned to raise their rates.

Spokeswoman Joyce Reynolds says restaurants don't make such decisions lightly, since price increases are an almost surefire way to keep business away.

"It's an extremely competitive industry, and they have very price-resistant customers," Reynolds said in a telephone interview. "When they try to increase their prices, they find that customers aren't willing to pay them."

Food prices have been climbing in recent months with the cost of beef causing particular consternation. According to Statistics Canada data released earlier this month, the price at slaughter for 100 pounds of Alberta beef rose to $192.80 in May. That's a 36 per cent jump from May 2014 and now stands as the highest price on record. StatsCan figures also suggest the surge is not limited to domestic meat products.

The May consumer price index found that overall food prices had jumped 3.8 per cent from where they stood a year earlier. The year-over-year spike covered all food products. THE CANADIAN PRESS

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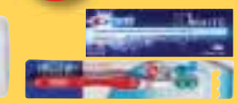

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Senator to undergo review

GOVERNMENT

Ethics officer to review harassment allegations

The Speaker of the Senate says the upper chamber's ethics officer has been asked to look into Sen. Don Meredith over the results of an investigation into how he treated his office staff.

Leo Housakos publicly confirmed in a short statement Thursday morning that Meredith has been told he will undergo an ethics probe.

Housakos says he and other top senators on the Senate's internal economy committee felt it was "imperative" the investigation results be referred to ethics officer Lyse Ricard.

Depending on the outcome of the latest ethics review, Meredith could face penalties ranging from a forced public apology on the floor of the Senate — which is the punishment for former Conservative Pierre Hugues Boisvenu when he was found last year to have violated the Senate's ethics code — to suspension without pay.

Sources told The Canadian Press Wednesday night that six former staffers who spoke with outside investigators made allegations of workplace harassment against Meredith, saying he was a bully, rude and unprofessional toward his staff.

There are also allegations of psychological harassment and sometimes making irrational demands of his staff.

The allegations in the investigation report remain unproven and none of the staffers who took part, nor any whose stories are included in the report, wanted to file a formal complaint against Meredith, sources say.

The Senate first ordered the investigation into Meredith's office in February after top senators, including former Speaker Pierre Claude Nolin, witnessed what they felt was a troubling turnover of staff in Meredith's office. The Senate's internal economy committee called in outside investigators to speak with former staffers and Senate human resources officials as well as Meredith himself.

The Speaker of the Senate says the upper chamber's ethics officer has been asked to look into Sen. Don Meredith, seen in this undated photo, over the results of an investigation into how he treated his office staff. THE CANADIAN PRESS

Six staffers who left Meredith's office in the last four years and spoke with investigators are not identified in the report and only took part on the condition that their names be protected.

The investigators' report has not been made public.

The former Conservative senator who now sits as an independent has not returned multiple requests for comment left for him on his Senate cell phone and at his Richmond Hill home Wednesday night and Thursday morning.

Meredith is already under investigation by the Senate's ethics officer after published allegations last month that he had a sexual relationship with a 16-year-old girl.

The woman told Torstar News Service that Meredith initially believed her to be 18, but she told him her true age within six weeks of the pair's first meeting at a Black History Month event at a church in Ottawa.

The Torstar report said the woman, who is now 18, had sexually explicit online chats with Meredith and that the relationship progressed to kissing and touching before she turned 18.

The Toronto-area senator appointed by Prime Minister Stephen Harper quit the Conservative caucus after the allegations were published.

He has since faced calls for his resignation from senators of both stripes. Through a lawyer retained after the Torstar story was published, Meredith stated he fully intends to respect the internal procedures of the Senate. THE CANADIAN PRESS

IN BRIEF

More evacuees head home in Saskatchewan

More evacuees were heading back to their homes in northern Saskatchewan as firefighters gained the upper hand on wildfires threatening some towns and reserves.

Evacuation orders were lifted Thursday for several communities including Montreal Lake, Weyakwin and La Loche, a village of about 2,600 people.

About 1,000 residents returned Wednesday to other areas, including Pinehouse and Turnor Lake-Birch Narrows.

A higher-than-average number of fires this season forced about 13,000 people out of their homes in about 50 communities over the last three weeks. Fires have destroyed about 90 homes, many of which were seasonal cabins.

Flora Kraus told Saskatoon radio station CKOM that, after 18 days in a hotel in Prince Albert, she was glad to finally go home to Weyakwin. But she was also afraid of what she might find.

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FACEBOOK

Tories like country music

You might say they're a little bit country, a little bit Christian.

That's the profile that emerges of Conservative party supporters based on the books, music, movies and television shows they "like" on their Facebook pages.

Facebook Canada has analyzed the cultural preferences of Canadians who indicate support for one of the federal political parties. And it's found that Conservatives are a relatively unique breed, having little in common with Liberals, New Democrats and Greens whose preferences often coincide.

'LIKES'

Favourite Tory movies: God's Not Dead, The Fast and the Furious, Son of God, Transformers and Heaven Is For Real.

The top five Conservative musical faves? Country singers Taylor Swift, Carrie Underwood, George Strait and Brad Paisley and Christian rock band Casting Crowns.

The Conservative predilection for Christian themes is reflected in their choice of movies, books and films as well, although they're not averse to a little comedy or action flicks.

New Democrats and Greens both like The Daily Show, This Hour Has 22 Minutes and Democracy Now!, and they both put The Lord of the Rings in their top five movie picks while the trilogy of the same name and The Hobbitt made their top five books. THE CANADIAN PRESS

ART

Racy mosaic raises eyebrows

A deceptively innocent-looking piece of art that actually includes graphic photographs of naked women having sex is raising eyebrows with Ontario's Progressive Conservatives, who say it should not be on display in a government office tower.

Sacred Circle VI by French-Canadian artist Rosalie Maheux is part of a collection of works by artists under the age of 30 on display in the John B. Aird gallery in the lobby of an Ontario government office block in downtown Toronto.

The artwork looks like an interesting mosaic from a short distance away, but a closer view shows the piece is composed of what many would consider pornographic pictures of women engaged in various sex acts.

Maheux did not respond to requests for comment Thursday, but in a news release issued by the John B. Aird Gallery she defended her work as a feminist comment that was meant to be beautiful from afar but jarring up close.

"The use of pornographic images in the creation of these highly detailed patterns goes against the original meanings of the sacred circle by creating an ambiguous dialogue between attraction and repulsion, a common duality in pornography as well as in certain religious thoughts," said Maheux.

Progressive Conservative women's critic Laurie Scott said she was disappointed to see such explicit images of women on display in a government office, and doesn't care what the artist had in mind.

THE CANADIAN PRESS

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Greek banks to reopen

ECONOMY

Rescue lenders pledge cash after austerity vote in Athens

Greece on Thursday won vital pledges of support from bailout lenders needed to keep its economy from collapsing, but officials in Athens said the painful austerity measures demanded in return were likely to force an election within months.

Hours after parliament approved the tough new cuts, the government promised to reopen banks on Monday and gradually restore services — helped by higher cash support from the European Central Bank.

The ECB announced it was increasing emergency credit to Greek banks, adding another 900 million euros in support over one week. And eurozone lenders pledged short-term loans so Greece can cover its debts and negotiations for a new three-year bailout worth 85 billion euros.

The news buoyed world markets and came as a relief in Greece, where banks and the stock market have been closed for nearly three weeks.

A bank employee distributes tags with queue positions to pensioners as they wait outside the national bank of Greece to withdraw a maximum of 120 euros in Athens on Thursday.
EMILIO MORENATTI/THE ASSOCIATED PRESS

Officials in Prime Minister Alexis Tsipras' government, however, were still reeling from the post-midnight vote in parliament that saw one in four lawmakers from the ruling Syriza party vote against the raft of tax increases, pension cuts and other economic reforms.

> **Risk remains elevated given Greece's weak institutions.**
> Moody credit rating agency

Interior Minister Nikos Voutsis said an early election was now seen as "very likely" — either in September or October.

With another austerity vote planned next week, Voutsis cautioned the level of dissent shown Thursday had fallen just short of toppling Tsipras' six-month-old government, which was elected on a pledge to free Greece from debilitating austerity.

In Berlin, Finance Minister Wolfgang Schaeuble insisted that growing calls to axe a portion of Greece's 320 billion euro debt mountain would not be accepted and again raised the idea of a managed Greek exit from the euro.

"No one knows at the moment how it's supposed to work without a debt cut, and everyone knows that a debt cut is incompatible with membership in the currency union," Schaeuble told Deutschlandfunk radio.

However, the head of eurozone finance ministers, Jeroen Dijsselbloem, shot down talk of a Greek euro exit. "If you reach an agreement after such long and hard talks, you have to stand behind it, and that goes for all sides," he said.

Meanwhile, the Moody's credit rating agency said the Greek vote meant the country had dodged imminent danger, but that it still faced risks.

THE ASSOCIATED PRESS

REFORM

Obama visits prison

Barack Obama got a first-hand look at the U.S. criminal justice system Thursday, becoming the first sitting president to set foot inside a federal prison and meet with incarcerated men there.

Obama's visit to a medium-security prison for male offenders in the state of Oklahoma was part of his push for an alternative to the continued lengthy incarceration of people convicted of crimes he believes did not fit the punishment. Obama has called for shortening the prison sentences of non-violent drug offenders as well as for advocating the reduction, or outright elimination, of severe mandatory minimum sentences.

In a recent speech Obama said that overly harsh prison sentences, particularly for nonviolent drug crimes, are to blame for doubling the prison population in the past two decades. Half a million people were behind bars in 1980, a figure that has since quadrupled to its current total of more than 2.2 million inmates, the highest rate of incarceration in the world.

After peering into a sterile prison cell at the El Reno Federal Correctional Institution, Obama said the U.S. needs to reconsider the way crime is controlled and prisoners are rehabilitated.

Obama, who has vowed to make criminal justice reform a centerpiece of his closing months in office, said he also felt a kinship with some of the young inmates.

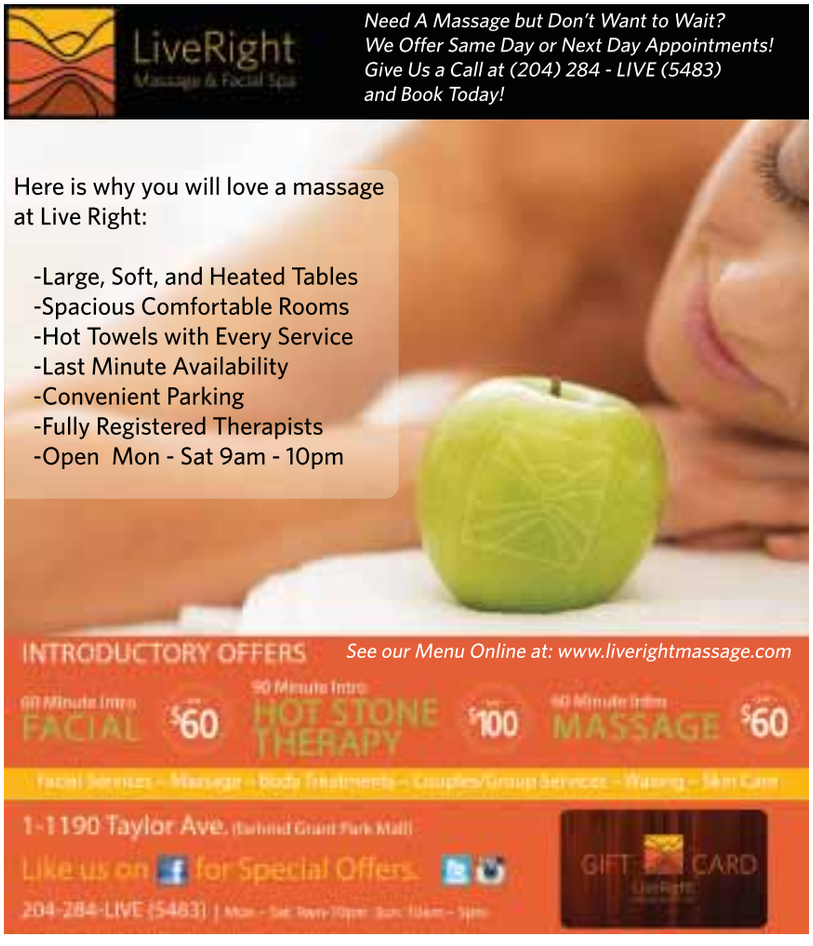
"When they describe their youth and their childhood, these are young people who made mistakes that aren't that different than the mistakes I made," Obama said.

The U.S. president said there must be a distinction between young people "doing stupid things" and violent criminals. Young people who make mistakes, he said, could be thriving if they had access to resources and support structures "that would allow them to survive those mistakes."

Obama has also called for restoring voting rights to felons who have served their sentences, and said employers should "ban the box" that asks job applicants about their criminal histories.

Obama has expressed hope that Congress will send him legislation to address the issue before he leaves office in 18 months, given the level of interest in the issue among Republican lawmakers and presidential candidates.

THE ASSOCIATED PRESS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FORMER U.S. PRESIDENT

Bush 'in great spirits' after fracturing bone

Former U.S. President George H.W. Bush fractured a bone in his neck when he took a tumble at his oceanside summer home, but he suffered no neurological impairment and the injury will be allowed to heal on its own, which is expected to take three to four months, officials said Thursday.

Bush, at 91 the oldest living former president, remained hospitalized in fair condition a day after he fell at his home in Kennebunkport.

The fracture to his C2 vertebra, the second one below the skull, didn't impinge on his spine and didn't lead to any neurological deficits, spokesman Jim McGrath said. The 41st president never lost consciousness and was being fitted with a brace to immobilize his neck, McGrath said.

Dr. William D'Angelo, a neurosurgeon who is treating Bush at Maine Medical Center, said the former president was lucky the fracture wasn't more serious.

"He's in great spirits," D'Angelo said outside the hospital. "He's with family. As his wife said, it takes a lot more than this to knock his spirits down. He was shot down over the Pacific in World War II. She said this is a small bump in the road."

George H.W. Bush. GETTY IMAGES

Bush is being treated at the state's largest medical facility, where a children's hospital is named for his wife. The family declined to say how he fell.

A hospital spokesman said it was premature to speculate about when Bush will be released, but McGrath suggested it won't be a lengthy stay.

D'Angelo said the injury is common among seniors who fall and can be painful. He said a patient in his 90s would generally take three or four months to heal.

"It's a significant injury, but right now the president is in excellent shape, and we anticipate he'll make a full recovery," the doctor said.

THE ASSOCIATED PRESS

Astronauts dodge debris

SPACE STATION

Team seeks shelter from space junk in Soyuz capsule

A piece of space junk forced the three space station astronauts to seek emergency shelter Thursday.

For nearly an hour, the American and two Russians hunkered down in their Soyuz capsule, which is docked to the International Space Station, in case they had to make a quick getaway. The fragment from an old Russian weather satellite ended up passing harmlessly, about 3 kilometres away.

"Happy there was no impact," NASA astronaut Scott Kelly said via Twitter. "Great co-ordination with international ground teams. Excellent training."

It's only the fourth time in the 16-year history of the space station that a crew has had to rush into a Russian Soyuz for protection from potentially dangerous debris. The exact size of the object was unknown, according to a NASA spokesman.

Normally, NASA learns about incoming junk sooner, and the space station moves out of the way. But there wasn't time for that Thursday; the crew was notified just 1 1/2 hours in advance.

The three men were already up and working when Mission Control ordered them into the Soyuz on Thursday morning.

They did not need to put on their Soyuz flight suits, and there was no rush, said NASA spokesman Dan Huot.

Astronaut Scott Kelly sits in a Soyuz simulator at the Gagarin Cosmonaut Training Center in Star City, Russia, earlier this year. BILL INGALLS/NASA VIA THE ASSOCIATED PRESS

> **Happy there was no impact.**
> Scott Kelly
> via Twitter

The all-clear came 1 1/2 hours after the initial alert, around 8 a.m. It took the astronauts more than an hour to get their 400-kilometre-high home back to normal operation, following the "shelter in place," as NASA calls it. Research work that was interrupted will be rescheduled, according to Mission Control.

Kelly and his Russia roommates, Mikhail Kornienko and Gennady Padalka, are getting used to junk in their neighbourhood.

Twice since the trio arrived in March, the space station has had to dodge pieces of orbiting debris, in April and June. Three more men are due to arrive next week.

The last time a station crew had to jump into their Soyuz for protection was in 2012.

Space junk is at an all-time high because of all the clutter in orbit, the result of accidentally colliding spacecraft, exploding satellites and rocket stages, and deliberate run-ins ordered up as tests by China and the United States several years back. Just last February, a U.S. military meteorological satellite blew up, presumably because of a failed battery, scattering dozens of pieces of debris.

The Defence Department is currently tracking about 22,000 dead satellites, spent rocket bodies and all other forms of orbital debris.

These items are at least 10 centimetres across. NASA estimates there could be more than 500,000 smaller objects that could pack a dangerous punch to an orbiting craft like the space station.

Kelly and Kornienko are four months into a one-year space station mission. It will be a record for NASA, but not for the Russians, who have a history of long space flights.

THE ASSOCIATED PRESS

COLORADO

Theatre shooter guilty

Colorado theatre shooter James Holmes was convicted Thursday in the chilling 2012 attack on defenceless moviegoers at a midnight Batman premiere after jurors swiftly rejected defence arguments that the former graduate student was insane and driven to murder by delusions.

The 27-year-old Holmes, who had been working toward his PhD in neuroscience, could get the death penalty for the massacre that left 12 people dead and dozens of others wounded.

The initial phase of Holmes' trial took 11 weeks, but it took jurors only about 12 hours to decide all 165 charges. They must now decide whether Holmes should pay with his life.

The verdict came almost three years after Holmes, dressed in body armour, slipped through the emergency exit of the theatre in suburban Denver and replaced the Hollywood violence of the movie The Dark Knight Rises with real human carnage.

The trial offered a rare glimpse into the mind of a mass shooter, as most are killed by police, kill themselves or plead guilty.

THE ASSOCIATED PRESS

UNITED AIRLINES

Hackers who find security holes get a million air miles

Two hackers have scored a million frequent-flier miles each on United Airlines for finding security holes in the airline's computer systems.

The awards were made under a security program that United started in May. Technology companies have offered so-called bug bounties, but they are unusual in the transportation industry.

United spokesman Luke Punzenberger said Thursday that two people have received the maximum award of 1 million miles each and others got smaller awards. A million miles is enough for several first-class trips to Asia or up to 20 round-trips in the U.S.

Punzenberger declined to say what kinds of flaws the hackers found but said their information had been turned over to company researchers. "We're confident that our systems are secure," he said.

United has suffered several major problems with technology systems since 2012, when it switched passenger-reservations and other systems over to those that had been used at its smaller merger partner, Continental Airlines. Last week, all United flights were briefly grounded and more than 1,000 delayed after one such breakdown, which the airline blamed on a faulty computer router. A smaller outage occurred in June.

Airlines "take all necessary precautions" to keep customer data secure, and most if not all have internal programs that continuously check systems for intrusions, said Jean Medina, a spokeswoman for the industry trade group Airlines for America.

She said, however, that the group isn't aware of any other airline offering a bug bounty.

Bounties are common in the tech world. Companies use them to enlist so-called white-hat hackers with enough specialized skill to spot security gaps before cybercriminals use them to steal customer information or crash websites.

THE ASSOCIATED PRESS

BUG BOUNTIES

Chris Petersen, chief technology officer and co-founder of LogRhythm Inc., a Boulder, Colo.-based security intelligence company, said bug bounties are growing in popularity, as companies race to shut all the backdoors into their systems before the black-hat hackers find them.

But there just aren't that many people out there with the needed abilities. "It's very specialized and there aren't that many people (who) are very good at it," Petersen said. "Those that are, are very expensive to hire." THE ASSOCIATED PRESS

Bloggers Yevgeny Babenko, left, and Artyom Frantsuzov posed as a gay couple to demonstrate how Russians react to homosexuality in public. ALEXANDER ZEMLIANICHENKO/THE ASSOCIATED PRESS

RUSSIA

Pair's 'gay' walk draws threats

Two Russian bloggers say they faced threats and violence when they walked through Moscow streets holding hands to gauge attitudes toward gays.

The men, who are straight and run a popular video blog, say they decided to use a hidden camera to record reactions in an "experiment" after a U.S. Supreme Court ruling recognizing same-sex marriage.

"We decided to check why people can walk holding hands over there without any problem, and what if we conduct such an experiment in Russia," said Yevgeny Babenko.

The two men walked hand-in-hand around Moscow for an hour, encountering verbal insults and outright violence.

On Red Square, the video showed two men shouting an anti-gay slur. Elsewhere, one man tried to push them off the pavement. The two men said they were shocked to discover the outright hostility on the streets of the Russian capital.

"This walk lasted just one hour," Artyom Frantsuzov said. "If a young couple walks like this every day, there will be consequences."

Gays face widespread discrimination in Russia, which passed a law in 2013 imposing fines for spreading "propaganda of nontraditional sexual relations" to minors.

THE ASSOCIATED PRESS

Chancellor under fire

GERMANY

Refugee girl cries when told why she might be deported

Angela Merkel came under criticism Thursday for her awkward treatment of a young refugee brought to tears by the German chancellor's comments on asylum.

A video of the encounter Wednesday afternoon at a community event in Rostock showed the Palestinian teenager telling Merkel that her family had been waiting four years to get permanent leave to remain in Germany.

"It's really unpleasant to watch others enjoy their life and not be able to enjoy it oneself," the girl told Merkel, saying she wanted to go to university.

In response, Merkel told her "sometimes politics is hard" and Germany can't accommodate everybody who wants to come. Since the teen's family had previously lived in Lebanon, a country Germany considers safe for refugees, their chances of being allowed to stay aren't certain.

As Merkel outlined her government's desire to speed up asylum decisions so all applicants receive a verdict within a year, the teen burst into tears. After a brief hesitation, Merkel walked over to comfort her.

"I know it's a difficult situation, but I still want to give her a pat," the chancellor said.

Merkel's office said the chancellor didn't speak to the girl, identified only as Reem, after the event.

But Merkel's blunt words about swiftly deporting those whose asylum applications are denied drew harsh criticism.

"The mistakes in the government's refugee policies can't be patted away," tweeted Katrin Goering-Eckardt of the opposition Green party.

THE ASSOCIATED PRESS

> **I know it's a difficult situation, but I still want to give her a pat.**
> Chancellor Angela Merkel

German Chancellor Angela Merkel comforts a crying Palestinian girl threatened with deportation on Thursday in Rostock, northern Germany, after the leader discussed the challenge of asylum applications. STEFFEN KUGLER/AFP, GETTY IMAGES

IN BRIEF

No trial for mom who let daughter sip margarita

A woman accused of allowing her 2-year-old daughter to sip her margarita at a Salam, Mass. restaurant has avoided trial and possible deportation to Haiti.

The charges against Sheldy Newlson, 42, will be dismissed if she takes a parenting class, passes random alcohol tests and complies with orders from child welfare officials.

THE ASSOCIATED PRESS

Man unharmed after train runs over him

Police say a man escaped injury after being run over by a freight train while sleeping in the middle of railroad tracks in the state of New York.

Police say a freight train more than a mile (1.6 kilometres) long approached the drunk and unconscious 38-year-old Aaron Collins around 10:30 p.m in upstate New York. The conductor spotted him on the tracks and stopped the train, but not before the first two engines passed over him.

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CANADA'S ECONOMIC ACTION PLAN

Government of Canada | Gouvernement du Canada

Canada

Hungary's border fence set to be done by winter

SERBIAN BORDER

Prisoners put to work on a barrier to keep out migrants

Using materials prepared by inmates in Hungarian prisons, 900 soldiers will build a fence along Hungary's border with Serbia by December to stem the torrent of migrants, officials said Thursday — a project critics are comparing to Communist-era barriers like the Berlin Wall.

Hungary says it has a duty to protect itself and the rest of the 28-nation European Union from the unprecedented number of people — often more than 1,000 a day — arriving on foot through routes across the Balkans.

Work on the four-metre-high fence will take place at 10-12 locations simultaneously along the 175-kilometre border, Defence Minister Csaba Hende said Thursday near the southern town of Morahalom, where a sample section of the fence is being built to experiment with building materials and techniques.

Hungarian soldiers place barbed wire near Morahalom, Hungary, on Thursday. DARKO VOJINOVIC/THE ASSOCIATED PRESS

"The Hungarian defence force is ready to complete this task," he declared as soldiers wrestled with barbed wire and metal posts.

Interior Minister Sandor Pinter said the fence is the only immediate solution Hungary could find to stop the flow of migrants — which stands at 81,300 already this year. Inmates in Hungarian prisons are already assembling the basic elements of the fence, and workers in a government job scheme could help if needed, he said.

Serbian President Tomislav Nikolic on Thursday called the move to build the fence an "unfortunate decision" by Hungary. Others from Serbia, a candidate for EU membership, have been more emphatic.

"We are absolutely and fiercely against their decision to build a fence," Serbian Foreign Minister Ivica Dacic said last month. "I thought the Berlin Wall has fallen, but now new walls are being constructed."

While the EU acknowledges Hungary's right to apply its own border-management system, Dimitris Avramopoulos, the EU commissioner for migration, says unilateral steps like the fence are not the answer.

"(The fence) will only shift the problem to the next neighbouring country; it will not solve it," Avramopoulos said.

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HELP PROTECT MANITOBA'S WATERS

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Striking a balance

HEALTH

Poll says 40% of Canadians will work on their vacations

It appears a majority of working Canadians don't mind handling work-related matters on their own time — except during vacations, according to an online survey published Thursday.

The Randstad human-resources advisory firm says 59 per cent of the adult Canadian employees surveyed in April and May said they didn't mind handling work-related matters on their own time.

That number dropped to 40 per cent when it came to vacations, although Randstad says there was a big difference between the sexes — with men much more likely than women to say they choose to do work during their holidays.

It says 60 per cent of the men surveyed said they felt pressured by a boss to be available by email or phone while on vacation, compared with 45 per cent of the women surveyed.

Randstad Canada's Faith Tull says employers have a responsibility to help employees strike the right balance, which she says is essential to keeping them motivated and to avoid exhaustion.

"We need to encourage them to disconnect completely from time to time, and be careful as managers not to blur the lines between home and work," Tull says.

Randstad says its survey is conducted four times a year in 33 countries, with at least 400 interviews per country it covers. Respondents are aged 18 to 65 and work at least 24 hours per week in a paid job.

The polling industry's professional body, the Marketing Research and Intelligence Association, says online surveys cannot be assigned a margin of error. THE CANADIAN PRESS

E-COMMERCE AMAZON TURNS 20 Amazon CEO Jeff Bezos, along with his stuffed Pikachu Pokémon doll, discussing the company's expansion at a New York news conference in 1999. The company, which launched July 16, 1995, began as an online bookseller. But as it celebrates its 20th anniversary, the company has evolved into an e-commerce powerhouse, making $89 million in annual revenue. RICHARD DREW/THE ASSOCIATED PRESS

ONLINE SHOPPING

PayPal, eBay forecast the journey ahead

Once eBay and PayPal split up today, they'll face different challenges than they did as a combined company.

E-commerce company eBay first said in September 2014 it would split off its payments unit PayPal in order to focus on growing their profits individually.

As separate units, eBay faces stiff competition from Amazon and other online retailers that have gained market share from traditional brick-and-mortar stores.

On the other hand, online payment system PayPal, which had long been eBay's fastest-growing segment, will have to compete with mobile wallets like Apple, Android Pay and other online payment offerings.

In a call after the two units posted quarterly profits that topped Wall Street's expectations, PayPal President Dan Schulman and eBay President Devin Wenig each outlined their plans following the split:

eBay

EBay now is focusing on reinvigorating its marketplace business, which includes the e-commerce arm of eBay. It stumbled last year when it had to deal with a change in Google's algorithms that made eBay products come up in search results less often.

Wenig said the company is asking sellers to include more detailed descriptions in their product listings to help improve search results. Wenig said the company is also focusing on gaining traffic through social media: "Our absolute priority is to improve our competitiveness and drive more stable profitable growth over the long term," Wenig said.

PayPal

PayPal's goal going forward is to get more merchants to accept its payments in stores. It also wants PayPal users to pay with the service two or three times a week rather than two or three times a month. PayPal also plans to grow internationally via its acquisition of Xoom.

"We believe our technology platform, global reach can move PayPal from being an occasional transaction to being an integral part of consumers' financial lives," Schulman said. THE ASSOCIATED PRESS

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- Proficient on Mac platform
- Ability to prep files for print production, including file stuffing and FTP experience
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- Ability to thrive under pressure in a fast-paced, multi-faceted and deadline-driven environment with strong attention to detail (typography, copy, grammar, layout, images, colour, etc.)
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TRANSPORTATION

Business travellers favour Uber: Survey

Taxis are losing business travellers to ride-hailing services like Uber, a survey shows.

In the three months ending in June, Uber overtook taxis as the most expensed form of ground transportation, according to expense-management system provider Certify.

Uber accounted for 55 per cent of ground transportation receipts, compared with taxis at 43 per cent.

That's a big jump from just the beginning of the year. In the first quarter, Uber Technologies had 46 per cent of receipts tracked by Certify, compared with 53 per cent for taxis.

> **"Travel providers will need to adapt quickly or face further market erosion."**
> Certify CEO Robert Neveu

"Established travel providers will need to adapt quickly or face further market share erosion to the sharing economy," Certify CEO Robert Neveu said in a statement.

Certify based its finding on the 28 million trip receipts its North American clients submit each year. It does not include receipts from business travellers whose companies use other services to track expenses.

Uber connects travellers with various cars through its smartphone app. Some drivers work for car service companies; others spend a few hours driving their personal cars on the side for some extra money.

Business travellers might be quickly moving toward Uber, but employers still have reservations about safety and liability.

Depending on the city, Uber drivers aren't necessarily regulated by government taxi licensing authorities.

In a few cities, Uber beat out taxis by a wide margin for business travellers. In its hometown of San Francisco, 79 per cent of rides expensed through Certify during the second quarter were for Uber. In Dallas, 60 per cent were for Uber, and 54 per cent in Los Angeles. Certify noted that it saw rental-car transactions drop at the same time. THE ASSOCIATED PRESS

IN BRIEF

Court rules against Bell; company loses bid to have 911 decision overturned

Bell Mobility Inc. has lost another bid to overturn a ruling that held it liable for charging customers in the northern territories a 911 fee without actually offering the emergency-call service.

In most of the Northwest Territories, the Yukon and Nunavut, there is no 911 service. Instead, a 911 call may be answered by a recorded message. But for several years, monthly bills carried a 75-cent charge, prompting a class-action lawsuit by subscribers. A trial judge ruled Bell Mobility breached its contractual obligations, a decision that was upheld by the appeal court. THE CANADIAN PRESS

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NATURAL GAS: $2.854US (-6.4¢)
DOW JONES: 18,120.25 (+70.08)

metro VIEWS

The journal Science praised B.C.'s efforts to track and treat HIV/AIDS but said the province should try preventative drugs for those at risk.

THE KOHLER REPORT: ON ARMPIT HAIR AND DOUBLE STANDARDS

What upsets me most about my uneasiness with pit fuzz is that I wasn't just being fastidious, I was being sexist.

You know that expression, "Hey, maybe you'll surprise yourself"? People usually use it in a positive way: "Don't be worried about that presentation on Friday; who knows, maybe you'll surprise yourself." I think we're always hoping to surprise ourselves. Too bad we can't do it with parties — if nothing else, it would make life less boring. But I recently surprised myself in a bad way when it came to my attention that the sight of female armpit hair, which is making a comeback, makes me squeamish.

Just to put my self-surprise into perspective: I like The Grateful Dead, I wear Birkenstocks and I have never once paid money to have any of my body hair removed from ... my body. (Okay, that's not true; I *once* paid to have my eyebrows threaded, which resulted in me looking frightened for two weeks.)

My point is, aside from some highlights, a mild-to-serious mascara addiction and a penchant for the Venus razor, I'm pretty low maintenance. Live and let live, grow and let grow! So why, upon seeing a few ladies in my neighborhood sporting underarm-growth, have I been, for lack of a better term, grossed out?

What upsets me most about my uneasiness with pit fuzz is that I realize now I wasn't just being fastidious, I was being sexist.

A few weeks ago, I was talking to some friends about a woman who works at my local coffee shop. She often wears tank tops and has hairy pits. I said to my friends, "I mean, I don't care if you grow out your pits, but like, if you work in a restaurant, wear sleeves." One of my friends suggested I only felt that way because it was a woman. I protested that NO, I'd think it was gross either way.

You can imagine my horror when my friend pointed out that for the past two hours we'd been attended by a male server, with hairy armpits, wearing a tank top. The only thought I'd had about him was that he kind of resembled a turtle. I had indeed *not* noticed his pit hair.

Side note: my sexism aside, if you work in a bar/restaurant/coffee shop, man or woman, and you haven't mowed recently, wear sleeves! Or at least little underarm hairnets. ("I ordered cherry pie, not hairy pie!")

I'm not going to beat myself up too much. A quick Google search will teach you that women started shaving their armpits around 1915, when sleeveless dresses were introduced. I grew up in a world where most women (at least in North America) shave(d) their armpits. So, while the "me" I know doesn't think women should feel the need to shave, it doesn't mean the sight of hairy pits won't be jarring at first. (The first time I saw skinny jeans, I threw up in my mouth. Now a boot cut makes my skin crawl.)

If women are in the process of knocking an unnecessary chore off our socially constructed to-do list, then I say go for it. I don't know if I'll jump on board right away (I have a giant box of razors I got at Costco, so ...), but I will definitely make an effort to get to the point where, upon seeing a bushy pit, I'll be saying things like, "You go, girl!" And eventually — as I did with Mr. Turtle — I won't even notice.

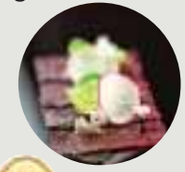
Rebecca Kohler is a standup comic, writer, actor, gymnast, lawyer and chemist. (Some of this isn't true.) Follow her on Twitter @becca_kohler

Happy face/Sad face

From **medical mishaps** to **culinary country foods,** Metro weighs in on the news making headlines this week

Baby boy who?

Parents-to-be who can't make up their minds often end up with their offspring temporarily named "baby boy Bartkowicz" or "baby girl Smith" during their hospital stay. That's a problem, says a study in the journal Pediatrics. Generic names increase the risk of mixing up pint-sized patients. Retract-and-reorders — an indication of medical error — decreased 36 per cent when distinctive names were used. All the more reason to get your child's name ready well in advance. SOURCE: NPR

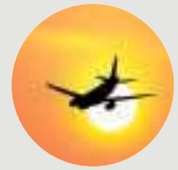


The Gwich'in gourmet

In a homecoming of sorts, Rich Francis, a renowned Northwest Territories-raised, Ontario-based chef from the Gwich'in First Nation, just finished a one-week residency in Iqaluit. He cooked a high-class meal with local ingredients (called country foods) to raise money for kids in need. His Northern delights included crispy Arctic char, maktaaq (whale blubber), red berries and Labrador tea. More than $6,000 was raised for a free breakfast program in Iqaluit schools. SOURCE: NUNATSIAQ ONLINE

Pay it forward (70 years)

A 95-year-old Jewish man who was rescued from Nazi-occupied Austria when he was a child is helping Syrian Christians escape the clutches of ISIL. Lord George Weidenfeld says he wants to repay his debt because Quakers and Irish evangelicals helped him escape to Britain in 1938. Weidenfeld paid for 150 Syrians from areas under attack by the terror group to be flown by private jet to safety in Poland. He hopes to help 2,000 in all. SOURCE: THE INDEPENDENT



Lights out for solar plane

The Swiss team trying to fly a fully solar-powered plane around the world is grounded for the rest of the year. Their Solar Impulse aircraft's batteries were damaged on the last leg of the journey from Japan to Hawaii, where the plane will likely stay until April 2016. Then, if all goes well, it will cross the American continent, the Atlantic and head back to Abu Dhabi, UAE, where the circumnavigation began in March. The first 7,200 km of the whirlwind world tour was completed in just 118 hours. SOURCE: BBC

metroview

How I satisfied my spiritual hunger with urban foraging

Mila Petkovic
Metro | Toronto

The wilderness of Toronto's High Park is my habitat, and this eager urbanite is on the hunt. With one swift flick of my pocket knife, I cut the red flower cluster of a staghorn sumac away from the branch and tuck it into my bag. "I must look strange," I chuckle to myself. Next stop: the mulberry tree.

What am I doing? Why, an action as old as time. Only now it has a 21st-century pet name: urban foraging.

Our built environment abounds with wild edibles. It has certainly changed the way I look at weeds and walk through the world. City parks, ravines, lawns and gardens hold the key to some of my favourite treats: blackberries, mint, lavender and even morel mushrooms at the right time of year. The sumac I harvested can be made into a tasty lemonade-like drink chock-full of vitamin C.

It all started when I decided to leave my full-time office job to pursue a freelance career. One side effect of this decision (besides financial uncertainty) is more time to do the things I love, including reconnecting with the life force that fuels my everyday existence: food.

Our industrialized food system delivers us goods in boxes from around the world. Many of us don't know what the sources of our foods look like (cashew trees anyone?) or whether they were sustainably grown. Food is literally medicine, but the grind of fast-paced modern life has many of us crunched for time and turning to microwave dinners containing unpronounceable ingredients for relief. Our natural connection to the ecosystems that sustain us is being destroyed, and we are left out of touch, disempowered and even sick.

Foraging, gardening, hitting up the farmers' market and even the simple act of preparing our own meals is a challenge to this paradigm, and consciousness is shifting. Urban agriculture projects and grassroots initiatives like Not Far From the Tree (a Toronto group that pairs up volunteer pickers with landowners and splits the harvest with food banks) are taking root. Organic, local and free range are the hot items in the food world now, though not everyone can afford them.

Perhaps it is a profound need to reconnect with the earth that drives me to forage. Maybe it's the sheer joy of discovering a ripe fruit or the tactile satisfaction of plucking it directly from the vine. Or better yet, the sense of community created by sharing a jar of homemade jam. It's true what they say: some of the best things in life are free.

Where's the line between art and porn? Visit metronews.ca to answer our poll and have your say.

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metro LIFE
Your essential daily news

Justin Bieber developing "futuristic" sound for "very personal" new album

Amy Schumer, who co-wrote and stars in the film, cast friends and fellow comedians (including Bill Hader, pictured) to star alongside her in Trainwreck. HANDOUT

Amy Schumer's got the ticket

TRAINWRECK

Schumer creates great roles for great comedians

IN FOCUS

Richard Crouse

In Trainwreck, a new comedy directed by Judd Apatow, Amy Schumer plays a promiscuous New Yorker who finds love.

It's a side-splitting movie that will be Schumer's big-screen breakout, but the film is also populated by a very funny supporting cast, many of whom are Schumer's Manhattan comedy peers.

"I got to give my friends work," Schumer, who also wrote the script, says, "and they did great in it."

Colin Quinn and Dave Attell are two standups and friends who make big impressions in the film.

"I consider Colin to be like, in vampire terms, the maker," says Attell.

Quinn, a legendary comedian and former SNL Weekend Update anchor, co-stars as Amy's father, a cranky old man with an attitude and a possible drug problem.

"With actors, it's not about the lines, it's about the behaviour," says Quinn. "With us, it's just about the words. We love it, so if you come up with something funny and it's quiet behind the camera and they yell 'Cut' and everybody starts laughing, that's the best.

"In so many things it's not about the words, but in stand-up, it's all about the words, the order of the words. I feel more than any other art form, the audience matters so much. You have this contentious relationship with them, but they are so much a part of it. I feel like musicians get together and they jam with one each other. We need the crowd to jam. To rehearse."

Attell is a club veteran, best known for his TV show Insomniac with Dave Attell and dark-edged lines like, "You know, men and women are a lot alike in certain situations. Like when they're both on fire — they're exactly alike."

In the movie, he plays a homeless man who talks to Amy everyday.

"This is the character, of the four characters that I've ever played in movies, that is most like me," he says. "That's me in five years. That's me after the last season of Last Comic Standing, physically and emotionally.

"I've been in like, three other movies, and this movie was the most fun. You show up and they want you to riff around and you go for the jokes and you keep going until you feel you got it. I love that, especially for people who aren't classically trained actors."

You get the feeling that as much as these guys enjoyed making Trainwreck, they are more comfortable on a stage in front of a crowd than they are on a movie set. Both agree that hostile audiences fuel them creatively.

"When it's not going well, you still have to do the job and that's what makes it a job," says Attell. "That's also often when you come up with the most enlightening stuff, in the tough crowd moment."

Quinn may prefer live venues but according to Jimmy Fallon he may have more movie work coming his way. The Tonight Show host predicts an Oscar nomination for the comic's work in the film.

"Why not?" Quinn deadpans. "I wasn't expecting one but an Academy Award would not affect me now, because after I didn't get nominated for Grown Ups 2 I feel like it's a rigged game."

MOVIE RATINGS
by Richard Crouse

Ant-Man	★★★★
Trainwreck	★★★★★
Mr. Holmes	★★★

HOW RATING WORKS

★★★★	SEE IT
★★★	WORTHWHILE
★★	UP TO YOU
★	SKIP IT

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MOVIE NEWS

Julianne Moore to leave Can You Ever Forgive Me

Actress Julianne Moore has left director Nicole Holofcener's Can You Ever Forgive Me, citing creative differences, according to a report from Variety. Executives have begun the search for a replacement for Moore. The drama, co-starring Chris O'Dowd, was to begin shooting in one week. Moore will soon be appearing in the October drama Freeheld, and The Hunger Games: Mockingjay — Part 2 in November. AFP

Cody Walker lands his first major film role

Cody Walker, brother of the late Paul Walker (The Fast and Furious) has just landed his first significant role in a feature film directed by Mario Van Peebles. The Walker brothers Cody and Caleb stood in for their sibling Paul after his death in a car accident in 2013. Now, it has been announced that Cody has been selected for his first major role in USS Indianapolis: Men of Courage, a feature film based on a true story from the Second World War. AFP

THE TV DINNER JESSICA ALLEN

I can commit to the comedy of Amy Schumer who, coincidentally, plays a commitment-phobe in Trainwreck. But I couldn't commit to dinner

Everybody is talking about Amy Schumer. She's written and stars in her first feature film, Trainwreck, which opens Friday. And her Inside Amy Schumer TV sketches, from the Friday Night Lights parody of rape culture to the 12 Angry Men reenactment where a roundtable of men vote on the comic's sex appeal, seem to go viral once a week.

The chatter, however, isn't all cheerful: Like clockwork, the 34-year-old's comedy was placed under a sometimes excruciatingly exacting PC lens. Schumer, who has made a career out of making fun of thick-headed ideas — and the people who hold them — has recently been the subject of endless think pieces on whether or not she is a feminist. Some so entirely missed the mark that they read like a Schumer sketch.

More murky is the subject of race: After a writer for the Guardian suggested that Schumer has "a shockingly large blind spot around race," the comedian first defended herself on social media and then apologized: "I am evolving as an artist," she tweeted, "I am taking responsibility and hope I haven't hurt anyone."

Still, more think pieces followed, including one from the Washington Post titled: "Don't believe her defenders. Amy Schumer's jokes are racist." It was written by a woman who'd read the Guardian piece but had never actually seen any of Schumer's comedy — not one sketch or standup routine.

THE PERSONALITY: Amy Schumer

THE MEAL: A little bit of everything

But Schumer appears to be taking the backlash in good stride: "It's nice to have a break from being called fat for a while," she recently told the New York Times.

But I worry it'll take a toll: As soon as a comedian worries about offending someone, the joke is on them — or maybe us.

I can commit to the comedy of Schumer who, coincidentally, plays a commitment-phobe in Trainwreck. But I couldn't commit to dinner on Sunday night. Fish? Pasta? Pork chops, again? So I prepared what has become a regular standby: Take your favourite foods, some of which have no business being on the same plate, and call it a meal.

That meant grilling haloumi, garlic scapes and slices of baguette on the barbecue, mashing up avocado with Maldon salt and lemon juice, draping prosciutto onto a plate and tossing halved cherry tomatoes in olive oil. When I discovered half a bag of arugula in the fridge just before we ate, I was beside myself because now it was healthy.

But was it dinner? Sure. It was a little bit of everything, for everyone — which is what plenty of people want from Schumer. Only problem is, kowtowing to the masses isn't always funny.

Jessica Allen is the digital correspondent on CTV's The Social.

Twitter ranters no big deal: Apatow

Q&A

The director talks writing and Schumer's humour

Ned Ehrbar
Metro | Life

Judd Apatow teamed up with Trainwreck co-writer and star Amy Schumer because of her unique comedic style, but that's been getting her in hot water lately. So where does Apatow stand? He'd say everyone should calm down, if anyone was actually upset.

There's been a lot of talk related to Amy lately about lines of appropriateness, and culture seems to be going in a very outrage-happy direction these days.
I think that people aren't any different now than they've ever been. It's just that the people who are concerned about such things have easier access to a platform to complain. Comedians should be able to make jokes about everything. As long as your heart's in the right place, you should be able to comment about everything that happens in life.

It does feel like we keep getting these 24-hour bursts of outrage, though.
I don't think anyone is outraged. I think, like, one blogger in his basement is outraged and makes a lot of noise so that they can get noticed, but I don't think people care that much about jokes.

> **Comedians should be able to make jokes about everything.**
> Judd Apatow

Maybe it's just the illusion a limited Twitter feed can produce.
I just don't there's a huge outrage about anything. It's just the equivalent of if every single letter to CBS when All in the Family aired was in the paper. It's just that there's a way for those people to get noticed now. But I don't think there's any more of them than there has ever been and there's probably less.

You're also working on a Netflix series.
It's called Love, it'll be on next year. I guess you could call it a romantic comedy in slow motion. It's just a very deep exploration of an ordinary couple. It's fun to write things knowing that people are going to consume it quickly. Some people think my movies are long, so it might be better for me to have a five-hour series to work on (laughs).

Does the potential for binge-watching change your approach as a writer?
I'm trying to just enjoy it and learn as I go. We are making it with the thought that people are going to watch it in two or three sittings.

Trainwreck director Judd Apatow with co-writer and star Amy Schumer, right. HANDOUT

The old man and the bees

Ian McKellen is shown in a scene from Mr. Holmes. The film reunites the actor with Bill Condon, who directed him in 1998's Gods and Monsters. EONE FILMS/THE CANADIAN PRESS HANDOUT

MR. HOLMES

Ian McKellen had to face fear for new take on iconic sleuth

Ian McKellen admits he had more than a few qualms about working with the tiny co-stars of his latest film, Mr. Holmes — a colony of honey bees.

The veteran actor says he initially balked at sharing the screen with the buzzing insects when he learned his character was an avid apiarist.

"It was the one thing I was tentative about and said — that I am not going to work with bees," says McKellen during a phone interview from London earlier this year, recalling a conversation with director Bill Condon.

"I thought there would be a way around it but Bill said, 'No. You have got to open that hive, pick up that frame, have a look at those bees and we'll film it.' So we did and I wasn't hurt, nor were any of the bees."

Playing old is relatively easy.
Ian McKellen, 76, who portrays Sherlock Holmes from ages 60 to 93

The bees are a little-known element of the legendary Sherlock Holmes story, which picks up here after the 93-year-old detective has retired from sleuthing to relax at his remote seaside cottage and care for his honey bees.

The year is 1947 and Holmes finds himself grappling with creaking bones, a failing memory and lingering unease over the unsolved case that forced him into retirement.

His only company is a short-tempered housekeeper, played by Laura Linney, and her young son, Roger, played by Milo Parker.

The boy can't hide his fascination with the famous detective and is soon drawn into the aging man's quest to solve a final mystery.

The 76-year-old McKellen needed a fair bit of makeup to appear 93, but says faking those imagined aches and pains was easy. It was tougher to portray Holmes at age 60 in flashbacks, when his body was more spry and responsive. But the most challenging age? McKellen's own.

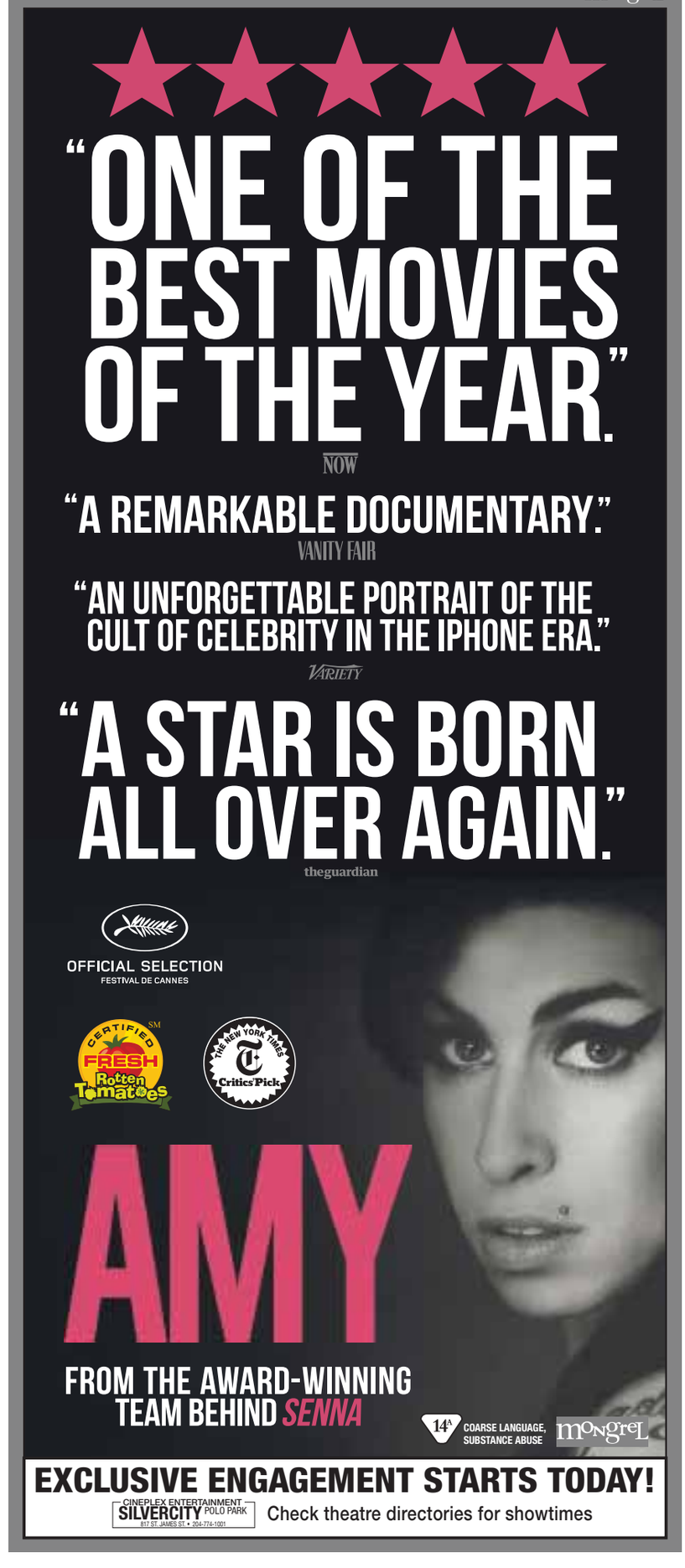
"It's difficult often playing your own age because you're not depending on any disguise — you are what you are and that can be much trickier," says the Lord of the Rings and X-Men star.

The new take on Sir Arthur Conan Doyle's enduring character is just the latest to tackle the legend. Guy Ritchie directed two Sherlock films starring Robert Downey Jr., and two contemporary-set TV series star Benedict Cumberbatch and Jonny Lee Miller.

THE ASSOCIATED PRESS

FROM PAGE TO SCREEN

Mr. Holmes is based on the 2005 novel A Slight Trick of the Mind by Mitch Cullin, and reimagines Sherlock as a real person whose cases were turned into bestselling novels by his friend and partner Dr. John Watson.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T.I. in a Marvel to behold

PASSIONATE ARTIST

The actor and rapper works hard at both of his careers

Ned Ehrbar
Metro | Life

How many films does a guy have to do before people stop thinking of him as "just a rapper"? Atlanta native T.I., who got his start in music, has been doing just fine in front of the camera since making his screen debut 10 years ago in ATL. But sometimes some people still need to be reminded of that. Maybe with his latest, Marvel's Ant-Man, he won't have to anymore.

Versatile performer T.I. loved working with Paul Rudd in Marvel's Ant-Man. CONTRIBUTED

Were you much of a comics fan in general before this project?
I had a fling. I kind of collected a lot of X-Men and Wolverine comics in the early '90s. I lost them, I lost the whole collection — like 35 books — and I was deflated. I just couldn't start over again. I just couldn't.

Before you got involved with this, how much had you heard about Ant-Man?
Not much. He isn't the best-known of the Marvel team, but that's great because now we can introduce him to the world — and get credit for it.

What was the first thing you thought when they explained him to you?
This script better be good (laughs).

The movie is actually very funny.
Sure. I mean, it's hard not to be with Paul. I don't think it was even written in the script to be as funny as it is. I think that the onscreen chemistry and the environment that was set kind of contributed to the amount of laughs that it gets.

It's been a decade since ATL, and you do plenty of acting. But do you still find yourself having to remind people that you're not just a rapper?
I commit myself to just about anything that I do and give a thousand per cent. I don't just fly by the seat of my pants doing stuff half-heartedly. And I think just reminding people that I'm a very passionate artist and performer in any genre, in any area — I mean, it's a pain in the ass, but from time to time you kind of have to.

So do you get any time to relax?
No, no. Heavens no. I have an album that I'm releasing, this film, still working on a script for ATL 2, trying to balance all of these things. These six children I got, they won't necessarily let me rest. If they would just stop growing and eating so much …

DIRECTOR Q&A

Peyton Reed on the magic of comic-book storytelling

"If you had told the 10-year-old me that I would be doing what I'm doing now, my head would have exploded," says Peyton Reed, director of the latest Marvel superhero movie Ant-Man.

The director, best known for making comedies like Yes Man and The Break Up, says he grew up obsessed with comics and movies.

Marvel comics played a major part in his comic book consumption.

"The thing I loved about Marvel was Stan Lee's storytelling techniques and his editorial attitude. Those Marvel comics had a clear sensibility. They were really of the moment and had this attitude that was equal parts cocky and self-effacing.

"I loved it. They created these heroes who all had real world problems. Spider-Man was Spider-Man, but he could never get the girl in high school and he had to figure out how to make enough money to pay his rent."

RICHARD CROUSE/FOR METRO

FEMALE SUPERHERO

Evangeline Lily hopes to make a mountain out of Ant-Man

Evangeline Lily has come a long way from nearly walking away from acting completely following her Lost experiences. "I think I made it quite publicly known that I wasn't sure if I had a future as an actress, if I wanted to pursue it beyond the show," she says. But she's made her peace with Hollywood — which is good, because her Ant-Man role may keep her busy for a while.

With all the talk about strong female characters and the need for female superheroes, do you feel like you get to be the future of that?
I would love to be. If Marvel presented me a platform that I could get up on and do that, that would be a very immense honour for me. I think it's fairly publicly known that I like to represent strong females and that it's important to me what I put out on the screen.

Have they talked to you at all about the future of the character and when she might show up again?
No, actually, they haven't. I'm still waiting to find out. There is this running joke within the company that all the Marvel women are always pregnant. Scarlett Johansson, Cobie Smulders, Zoe Saldana. Well, they all suddenly have job security. We're all suddenly in these multi-picture deals and we know there's another gig coming so we don't necessarily need to go out and look. I'm assuming and hoping that I'm going to get a call from Marvel sometime saying, "The movie was a hit, we want to make a sequel."

So the secret to being a successful working mother is having a deal with Marvel?
Exactly! That's all you need, and then you can sit back and relax.

So until that call comes in?
I'm working on an adult novel series — or I'm trying to. We'll see if I accomplish that mission or not. I'm also working on the second Squickerwonkers book, which is the sequel to the children's story book I published last year, and that's my big focus right now.

How do you view your acting versus your writing?
I think of this as my main gig, as in I'm a breadwinner for my family and this is what brings home the bacon. But as far as where I really spend my time and passion, I've been doing about a film every two or three years since Lost ended, and between that all that time is being spent working on my writing.

NED EHRBAR/METRO IN HOLLYWOOD

Evangeline Lily CONTRIBUTED

Now playing

ACTION & ADVENTURE

Ant-Man

Director: Peyton Reed
Starring: Paul Rudd, Michael Douglas

Armed with the ability to shrink in scale but increase in strength, master thief Scott Lang must embrace his inner-hero and help protect the secret behind the Ant-Man suit.

ROTTEN TOMATOES™ SCORE
Critics: 78% Audience: 98%

COMEDY

Trainwreck

Director: Judd Apatow
Starring: Amy Schumer, Bill Hader

Magazine writer Amy enjoys what she feels is an uninhibited life free from boring romantic commitment — but in actuality, she's kind of in a rut.

ROTTEN TOMATOES™ SCORE
Critics: 94% Audience: 96%

DOCUMENTARY

Amy

Director: Asif Kapadia
Starring: Yasiin Bey, Mark Ronson

Amy Winehouse was a pop star with soul, a once-in-two-generational musical talent. But while her music made her a star, her chaotic personal life stole headlines.

ROTTEN TOMATOES™ SCORE
Critics: 97% Audience: 92%

Comedy keeps it real with trans issues

TWO 4 ONE

Actor says accurate portrayal makes film funnier

Steve Gow
For Metro

For Gavin Crawford, winning an ACTRA Award for his performance in the new movie Two 4 One may be only half as important as the role itself.

"Anything that represents a more realistic depiction of what people's lives are like is a good thing," said the former This Hour Has 22 Minutes star recently. "You want to see yourself represented in the culture and if you don't, it can be a pretty isolating place."

In the comedy, Crawford portrays a transgender person who accidentally becomes pregnant — a character that the 44-year-old actor is proud to say has been welcomed by the trans community for its accuracy and respectful representation, while still drawing laughs.

"The more real you can make something, the more funny it is," said Crawford, who admits he grew up without such cultural representation.

"When I was 16 years old and living in southern Alberta, the only gay people you ever saw were the crazy freaks on Oprah so it was really hard to have a conversation with anybody and say that's not really what it's like."

Portraying a woman who is almost fully transitioned into a man also proved to be a physical challenge for Crawford — who, while gay, admits he certainly isn't "a voice for the trans community." Instead, to fully source the character's attributes, Crawford was pleased to find no shortage of pioneers to study online.

"Thanks to the Internet in this day and age, you can watch 10 different people documenting (taking) testosterone for five months," admitted the actor. "Sometimes the people I was looking for inspiration were a lot more masculine than I am!"

While Crawford is proud of Two 4 One and the reasoned voice it's providing the marginalized LGBT community, he is still a bit guarded when it comes to the mass media's current embrace of Olympic champion turned world-famous transgender woman Caitlyn Jenner.

"If it's starting a conversation, I think great," said Crawford of the Keeping Up with the Kardashians reality TV star.

"(Everyone) should be treated with respect and live the way they want to live, but I'm also slightly dubious of anybody who makes their living solely from PR. Is that diplomatic enough?"

Two 4 One stars Gavin Crawford as a transgender man who accidentally becomes pregnant. HANDOUT

22 MINUTES OF FAME

On one-off versus extended roles:

Although Crawford's eight-year tenure at This Hour Has 22 Minutes ended in 2011, the actor still has fond memories of the series that made him a star.

"I miss being able to create many different characters every week and throw them out there," recalled Crawford. "But I also enjoy being able to play one character for more than one day so it's kind of a trade-off."

On his favorite 22 Minutes character:

"I always liked playing Mark Jackson," said Crawford of his nervous, acne-ridden teen correspondent character. "He comes from such an innocent place that its always fun to step into that skin because you can kind of get away with anything."

GoT reigns with 24 Emmy noms

TELEVISION

Nominations recognize diverse talent

The elaborate fantasy saga Game of Thrones received a leading 24 Emmy Awards nominations Thursday, its stature apparently untouched by backlash over a female character's rape scene.

The series is a contender again for top drama honours, an award that has eluded it since it debuted in 2011. TV academy voters rarely give shows in the sci-fi or other genres the ultimate accolade, with Lost among the rare exceptions.

The TV academy took a modest step toward recognizing TV's increasing embrace of diverse TV talent, giving best actress nods to black stars Taraji P. Henson for Empire and Viola Davis for How to Get Away with Murder.

"This is what it's supposed to be like. You should recognize actors and creative people in this industry from every level of all colours who do great work," Queen Latifah said.

Emilia Clarke, seen here in Game of Thrones, was nominated for an Emmy Award for outstanding supporting actress in a drama series for her role on the show. HBO/THE ASSOCIATED PRESS

Possible history-making win

The nominations set up the possibility of a history-making win: An African-American actress has never won the top drama acting award. "I gotta win! I gotta win for history!" an exuberant Henson said in May when asked about the prospect during an "Empire" panel.

However, two-time nominee Kerry Washington, the black star of Scandal, was left out this year.

Family comedy "black-ish" earned an acting bid for star Anthony Anderson, but failed to gain a best series nomination.

Also snubbed: freshman hit hip-hop-family drama Empire, which was left out of the best drama series category, and series star Terrence Howard, who failed to get a best drama actor bid.

Instead, voters gave nods to favourites such as Mad Men star Jon Hamm, Kevin Spacey of House of Cards and newcomer Bob Odenkirk for Better Call Saul. The prequel to the now-concluded Breaking Bad earned a best drama bid in its first season out.

Gina Rodriguez, the standout Latina star of Jane the Virgin, failed to get a comedy acting nod despite winning a Golden Globe award for her performance.

The relatively expansive ethnic diversity that TV offers — compared to movies, which honoured only white actors this year — also is in play when it comes to sexuality. Transparent and Jeffrey Tambor's portrayal of a transsexual's life received best comedy series and acting bids. THE ASSOCIATED PRESS

This is what it's supposed to be like. You should recognize actors and creative people in this industry from every level of all colours who do great work
Queen Latifah

BROADCAST TV

Demise of network dramas reflected in lack of Emmy nominations

Other top nominees are American Horror Story: Freak Show, with 19 nominations; TV movies Olive Kittridge and Bessie, with 13 and 12 bids, respectively; and House of Cards, Mad Men and Transparent with 11 nominations.

The nominations reflect the steadily rising tide of cord-cutting networks. No commercial broadcast network drama made the cut for best series, with cable, streaming service Netflix and non-commercial PBS dividing up the spoils instead.

The Good Wife was the last broadcast nominee in the category, in 2011.

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CANADIAN EMMY CONTENDERS

Maslany gets nod for Orphan Black

Kudos poured in from the Clone Club and celebrities alike on Thursday as Canadian Tatiana Maslany got her first Emmy Award nomination for her widely acclaimed performance on Orphan Black.

"Ahhhhhhh!!! #notsnubbed," fellow Emmy nominee Amy Schumer wrote to Maslany on Twitter, where the "Orphan Black" star was trending in the U.S.

The 29-year-old Regina native is up against some heavy hitters in the outstanding lead actress in a drama series category.

Her Emmy competition includes Taraji P. Henson for Empire, Claire Danes for Homeland, Robin Wright for House of Cards, Viola Davis for How to Get Away with Murder and Elisabeth Moss for Mad Men.

Maslany's co-star, Jordan Gavaris, tweeted: "Holy FISHSTICKS! Congratulations to the hardest working woman in show business on her #EmmyNomination! Beaming with pride this morning!!!"

Maslany herself was humble about the news, simply writing on Twitter: "#CloneClub & #clonesbians, this bud's for you. Thanks buddies :)"

Maslany has earned legions of fans for portraying 10 clones with vastly different looks and personalities on the Space sci-fi hit, which also airs on BBC America.

Canadian actress Tatiana Maslany picked up her first Emmy nomination as she was named in the best TV actress in a drama category for Ophan Black. NATHAN DENETTE/THE CANADIAN PRESS

Maslany was one of several Canadians nominated Thursday, with others including Semi Chellas, Jeremy Podeswa, Michael J. Fox and brothers Jeff and Mychael Danna.

Chellas, from Calgary, picked up her fifth Emmy nomination for Mad Men, in the best writing in a drama category. It's the fourth year in a row she earned a nomination.

Toronto-born Podeswa is nominated in the best direction in a drama category for his work on Game of Thrones.

Edmonton native Fox is nominated in the best guest actor in a drama category for his role on The Good Wife.

The Danna brothers, who grew up in Toronto, are nominated for two awards for the pilot episode of Tyrant. They're up for the best music composition for a series and best theme music awards.

It's the second Emmy nomination for Jeff, and the third for Mychael, who won an Emmy in 2013 and won an Oscar for the Life of Pi score.

Homegrown show Degrassi also picked up a nomination for best children's program.

Property Brothers is up for best structured reality series.

The Emmys will be handed out on Sept. 20.

THE CANADIAN PRESS

Ahhhhhhh!!! #notsnubbed
Amy Schumer wrote to Tatiana Maslany on Twitter, where the Orphan Black star was trending in the U.S.

4 PROGRESSIVE CHILDREN'S SHOWS

New shows like Steven Universe feature characters in same-sex relationships, increased bisexual, lesbian visibility and genderqueer narratives

Asia Ewart
Metro | New York

With the recent U.S. Supreme Court decision overturning the country's remaining same-sex marriage bans, LGBT couples are inching ever closer to the same rights that heterosexual couples enjoy.

In fact, an increased LGBT presence has been on the fast track in what might be the unlikeliest of places: children's television.

Cartoon Network and Nickelodeon, two of the most popular television networks for children's programs since 1992 and 1979, respectively, have taken a progressive route over the last couple of years and increased LGBT visibility in their programming.

We've rounded up four of the most popular cartoons currently at the forefront of LGBT visibility.

2013 – PRESENT

Steven Universe

(Cartoon Network) — Topics addressed: Same-sex couples; same-sex attraction; a genderqueer character; bisexual visibility. This cartoon is about a half-human, half-Gem (alien warrior) boy named Steven, who is raised primarily by three female presenting Gems. Show writer Matt Burnett has made it abundantly clear that two of the female Gems share romantic feelings.

2012 – 2014

The Legend of Korra

(Nickelodeon) — Topics addressed: Same-sex couples; bisexual visibility. This show about a teenage girl able to control various elements ended nearly a year ago, but its finale continues to receive widespread attention. The show ended with a confirmation of a romantic relationship between the titular Korra and her female friend Asami. Both Korra and Asami are also shown to be bisexual, as both had relationships with men during the show.

2014 – PRESENT

Clarence

(Cartoon Network) — Topics addressed: Same-sex couples. As one of Cartoon Network's newest shows, Clarence has been liberal with LGBT representation. Not only does one of the show's main characters have two mothers, but the series at one point almost featured what would have been Cartoon Network's first gay kiss. The episode briefly shows two men meeting for a blind date and was supposed to show the two kissing on the mouth in greeting, but was later altered to have the two kiss on the cheek.

2010 – PRESENT

Adventure Time

(Cartoon Network) — Topics addressed: Same-sex couples; bisexual visibility. Characters Princess Bubblegum and Marceline the Vampire Queen have received noteworthy attention in the show's fandom. While their on-screen chemistry has been of the cute and subtle variety, it was revealed that Bubblegum and Marceline used to date during a 2014 book signing with Olivia Olsen, who voices Marceline. This reveal also shows Marceline to be bisexual, as she dates a man at another point in the show.

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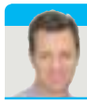
Lessons from Manitoulin Island

A bird's-eye view of Gore Bay, on Manitoulin Island in Northern Ontario. ISTOCK

CANADA

First Nations experience is intimate and enlightening



ON THE MOVE
Loren Christie

Learning about foreign cultures is often part of people's travel experience. However, I am not so sure that when Canadians travel at home we are investing the same energy into discovering the cultures of our First Nations people.

A trip to Manitoulin Island earlier this summer made me realize those who do not work an element of aboriginal tourism into their vacation plans are missing out on something unique and wonderful.

Located in Northern Ontario, Manitoulin Island is a two-hour drive from Sudbury or a seven-hour journey from Toronto, including a ride aboard the MS Chi-Cheemaun ferry. When you arrive, you are aware that something is different here; Small towns are surrounded by rugged natural beauty, permeated by a slower pace of life and a friendly warmth. It seems like every bakery, restaurant or gas station is named after its owner, allowing for an immediate connection with the person serving you.

Eight First Nation communities, all part of the larger Anishinabe nation, inhabit the island and the Sagamok region, which extends onto the mainland to the north. Together they make up the Great Spirit Circle Trail, which is not really a trail, but rather a collection of attractions and activities offered to visitors, including a summer-long rotation of powwows.

The traditional powwows are a social and ceremonial celebration of life held over two days throughout the summer and are free of charge.

Why had I waited this long to experience a fascinating culture?

My Great Spirit experience started with a traditional smudging ceremony to bless our day, led by local Ojibwe guide Steven Antoine. During a canoe trip on Lake Mindemoya, he shared with me the lore of the land, which included the creation of the "grandmother" island in the middle of the lake.

After our time on the water, we went on a medicine walk, where I learned the healing properties of various plants as well as some practical tips; Cedar tea is delicious and white birch bark will remove sticky sap from your skin.

My favourite experience was Steven teaching me how to make my own drum out of deer hide. The drum, I learned, is the one common element among all First Nations people across Canada, representing the heartbeat of Mother Earth.

After a day of doing and learning, I felt slightly humbled, but more embarrassed — why had I waited this long to experience a fascinating culture that is an integral part of our country?

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The Whitworth Art Gallery in Manchester, England. KATHY BUCKWORTH FOR METRO

Manchester reveals its soul

ENGLAND

City protects historic sites amid current shops, eateries

Kathy Buckworth
For Metro

"It's really hard to get lost in Manchester," our walking tour guide Jean advised us as we walked this most walkable city. "And you can always find a pub to sit down at and have a pint if you get tired."

In a nutshell, it describes this reinvigorated, yet historic city. Nicknamed "The Original Modern City," Manchester strives to protect its past — incorporating the many cotton mills which were the main source of industry in the city for many years, into its current cityscape — while transforming itself into a city of art, culture, cuisine and sport.

The best examples of this are the two English Premier League football (soccer) teams, Manchester United and Manchester City. Extreme rivals, their stadiums are housed at opposite ends of the city, the sport comes together at the Football Museum.

The downtown core houses a population of only about 50,000 (versus the greater Manchester area, which is closer to 2 million) as there weren't traditionally residences located in what used to be a fairly derelict area until the mid-'90s.

University of Manchester. KATHY BUCKWORTH FOR METRO

IF YOU GO
Air Transat flies to Manchester from Toronto, Calgary and Vancouver.

Now, buildings have been renovated specifically to attract a younger demographic of students and newly employed graduates.

The city is booming with restaurants, boutiques, and a vast array of vintage clothing shops. The most well-known is Afflecks, which has vintage and gothic clothing, jewelry, piercings and tattoo offerings spread over five eclectic floors.

The arts scene is thriving, as well, with museums and galleries offered free to the public, including the renowned Whitworth Art Gallery.

The food scene in Manchester has exploded beyond the traditional pub, from The Curry Mile, to the Alice in Wonderland-themed Richmond Tea Rooms, and to the authentic tastes of Malaysia at the fabulous Ning Restaurant.

Historic sites are protected and adapted across the city; most notably the Printworks Building, once home to the Daily Mirror, which relocated to London. This cavernous building's facade is still intact, with an indoor dining and movie complex built as a faux outside street.

One "historic" site which will not be preserved is the original studio site for Coronation Street, the world's longest running television program.

Filming moved to the new Media City in 2013, and after a short period of offering set tours, the site will be demolished in 2016 to make room for hotels, theatres, and 2,500 apartments.

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NOT A TOURIST | A letter from Omar Mouallem in Nanyuki, Kenya

Refuge cares for animals

Mount Kenya Wildlife Conservancy and Animal Orphanage seems indistinguishable from a zoo until James Mwaniki invites me to ride a 150-year-old giant tortoise named Speedy. Or to enter Moran's pen and meet the 15-month-old orphan cheetah found on the side of a road.

Originally founded as a game ranch in the 1960s by William Holden, a '50s Hollywood icon and reformed Big Game hunter, the orphanage in Nanyuki, Kenya, breeds endangered species, including the region's last remaining bongos, a beautiful striped African antelope, while providing other vulnerable animals refuge until they're ready to return to the wild.

But for visitors it's interactions like this, with the 1,500 animals of 20 species, that create permanent memories.

That's ultimately what set Mwaniki on a path to become an educational programmer at the 1,200-acre rehabilitation centre.

James Mwaniki, educational programmer at Mount Kenya Wildlife Conservancy and Animal Orphanage, catches a ride on century-and-a-half-old Speedy. COURTESY OMAR MOUALLEM

In the fight to conserve Kenya's wildlife, the country's government targeted Mwaniki's generation because his parents and grandparent's were considered hopeless.

Mwaniki grew up in a rural area on the south of Mount Kenya National Park, where wildlife terrorized the family farm. Or so it was thought.

"My parents would tell me, 'They're destroying the crops so you'll have nothing to eat tomorrow.' "

Then a field trip sent him to the animal orphanage in the 1990s.

"My brain changed," Mwaniki says, posing me like a tree with handfuls of corn kernels until a Sykes' monkey is casually feeding from my palms. "The message I was given is if you don't conserve what we have then in the years to come we won't have anything."

Now 30, Mwaniki passes that message to the next generation of Kenyans. He's even kept the photo of him riding Speedy.

TRAVEL NOTES

Borderless Wi-Fi

No more dodgy hotel Internet. The new Amalfi Wifi Travel Router from Mtrex lets you connect almost anywhere, whether you're on a bus in Turkey, cruising the mangroves in Costa Rica or working poolside in Palm Springs. Get secure wireless with no roaming charges. Top up your data online whenever you need to. $180 at Walmart.ca

Hawaiian deal

Save up to 10 per cent on Trafalgar's new 2016 guided tours of Hawaii, with early payment discounts of up to $1,200 per couple when you book and pay by Nov. 19. Four itineraries let you sink your toes in the sand of Oahu, Hawaii, Maui and Kauai, with four-star hotels and the company's Be My Guest local experiences. Visit Trafalgar.com

Hands-on falconry

The Equinox Golf Resort & Spa in Manchester Village, Vt., is offering summertime guests a chance to get even closer to nature. The on-site Green Mountain Falconry School teaches visitors about hawk training and hunting methods. The resort also has a Land Rover driving experience and fly-fishing lessons. Visit EquinoxResort.com

DOUG WALLACE

The sun goes down on Lahaina in Maui, Hawaii. TIM STEWART

metro SPORTS
Your essential daily news

The Reds' Aroldis Chapman has thrown 91 of the fastest 100 pitches in 2015, topping out at 103.92 mph

Mentor nets gold playing pupil

PAN AM 2015

Li tops doubles partner in all-Canadian singles final

They are training partners, doubles teammates and good friends. But when Markham's Michelle Li and Toronto's Rachel Honderich faced each other across a badminton net Thursday — a gold medal on the line — they were the fiercest of rivals.

That's a role they don't play particularly well; they just have too much respect for each other. At 23, Li is the veteran and was favoured going into the final at the Pan Am Centre in her hometown of Markham. Honderich, 19, was the underdog, and at their hotel the night before, kidded her mentor that she was going to tamper with Li's racquet.

Rachel Honderich TORSTAR NEWS SERVICE

"I said I was going to cut her strings," Honderich said with a laugh. She was also threatening to wake Li up in the middle of the night to deprive her of sleep.

"I joked about it," Honderich said, "but I didn't go through with it."

In the end, no clever shot — or practical joke — would keep Li from her second consecutive Pan Am Games gold singles medal.

In front of a packed and enthusiastic crowd of 1,000, Li shook off minor ankle and knee ailments to post a 21-15, 21-9 victory in 26 minutes to take the gold, as Honderich settled for silver.

"To be able to win that in front of my friends and family, and my teachers from elementary school who I haven't seen for 10 years, I think that makes it really special," Li said.

> **I did yell to pump myself up, but I try not to fist-pump against Rachel.**
> Michelle Li

There was no talk before the match about building competitive tension. The mentor and student — who together won a bronze in women's doubles earlier this week — even sat beside each other at breakfast.

"For each of our matches leading up to this, we're always there, warming up for each other, so we stuck to the same plan," Honderich said.

Coming into the final, Li carried a 3-0 margin in head-to-head matches. The last time they played each other was in the 2014 Pan American badminton championships in Markham, when Li swept to gold with 21-13, 21-16 victory.

Li and Honderich will now prepare for singles at the world badminton championships in Jarkarta, Indonesia, in August.

Honderich, Ottawa's Andrew D'Souza and the mixed team of Toronto's Alex Bruce and Vancouver's Toby Ng took silver on Thursday. There were also two bronze medals in women's doubles (semifinal losers are both awarded bronze, so along with Li and Honderich, Bruce and her partner Phyllis Chan also won medals).

TORSTAR NEWS SERVICE

Michelle Li lunges to hit a return to fellow Canadian Rachel Honderich during their singles final in Markham, Ont., Thursday. RICHARD LAUTENS/TORSTAR NEWS SERVICE

Canadian sprint cyclists top podium

The Canadians men's and women's sprint teams took double gold in the first day of track cycling at the Cisco Milton Pan Am/Parapan Am Velodrome.

Hugo Barrette of Cap-aux-Meules, Que., Victoria's Evan Carey and Joseph Veloce of St. Catharines., Ont., edged Venezuela in 44.241 seconds in the men's race.

Kate O'Brien and Monique Sullivan topped Cuba in 33.959 seconds in the women's team sprint. THE CANADIAN PRESS

Hugo Barrette, front, Evan Carey and Joseph Veloce were victorious in the men's team sprint. EZRA SHAW/GETTY IMAGES

SWIMMING

U.S. team wins silver medal following protest

The United States had their freestyle relay silver medal reinstated after protesting their disqualification at the Pan American Games on Wednesday night, resulting in Canada being bumped down to bronze.

American Michael Weiss raced the men's 800-metre freestyle relay with tape wrapped around fingers he'd injured during the 200-metre freestyle earlier in the night. FINA rules state no tape can be worn unless approved the Sport Medicine Committee.

Brazil won gold. The Canadian team of Victoria's Ryan Cochrane and Jeremy Bagshaw, Stefan Milosevic of Burnaby, B.C., and Alec Page of Cortes Island, B.C., were bumped to the bronze medal. THE CANADIAN PRESS

DQ strips West Vancouver's Overholt of Games record

A Canadian was disqualified at the women's 400-metre individual medley final for a "non-simultaneous" wall touch.

Emily Overholt of West Vancouver, B.C., appeared to win gold in a Pan Am record time of four minutes 35.33 seconds but officials ruled that her hands did not touch the wall at the same time during the breaststroke turn.

Canada's Sydney Pickrem won a silver in the race in a time of 4:38.03.

THE CANADIAN PRESS

FIFA

Indicted official extradited to the U.S.

One of the seven FIFA officials arrested in Zurich as part of a corruption probe has been extradited to the United States, the Swiss Justice Ministry said Thursday.

The Federal Office of Justice said the man, whom it did not identify, was extradited on Wednesday after 50 days of detention in Switzerland.

"He was handed over to a three-man U.S. police escort in Zurich who accompanied him on the flight to New York," the ministry said in a statement.

The official agreed last week to be extradited, unlike six others who are fighting extradition.

The extradition hearings are being held by Zurich cantonal (state) police in a process expected to finish by early September, Swiss justice office spokesman Raphael Frei told the Associated Press on Thursday. Appeals to Switzerland's federal criminal court and supreme court can extend the cases by several months.

The extradited man is accused of "accepting bribes totalling millions of dollars in connection with the sale of marketing rights to various sports marketing firms and keeping the money for himself," the justice office said last week.

All seven men were arrested on May 27 in dawn raids on a luxury hotel in Zurich by Swiss federal police at the request of American federal agencies.

They include FIFA vice-president Jeffrey Webb of the Cayman Islands and former FIFA vice-president Eugenio Figueredo of Uruguay. Both have been suspended from football duty by FIFA's ethics committee.

A total of 14 men — nine football officials and five marketing executives — were indicted by the U.S. Department of Justice in May.

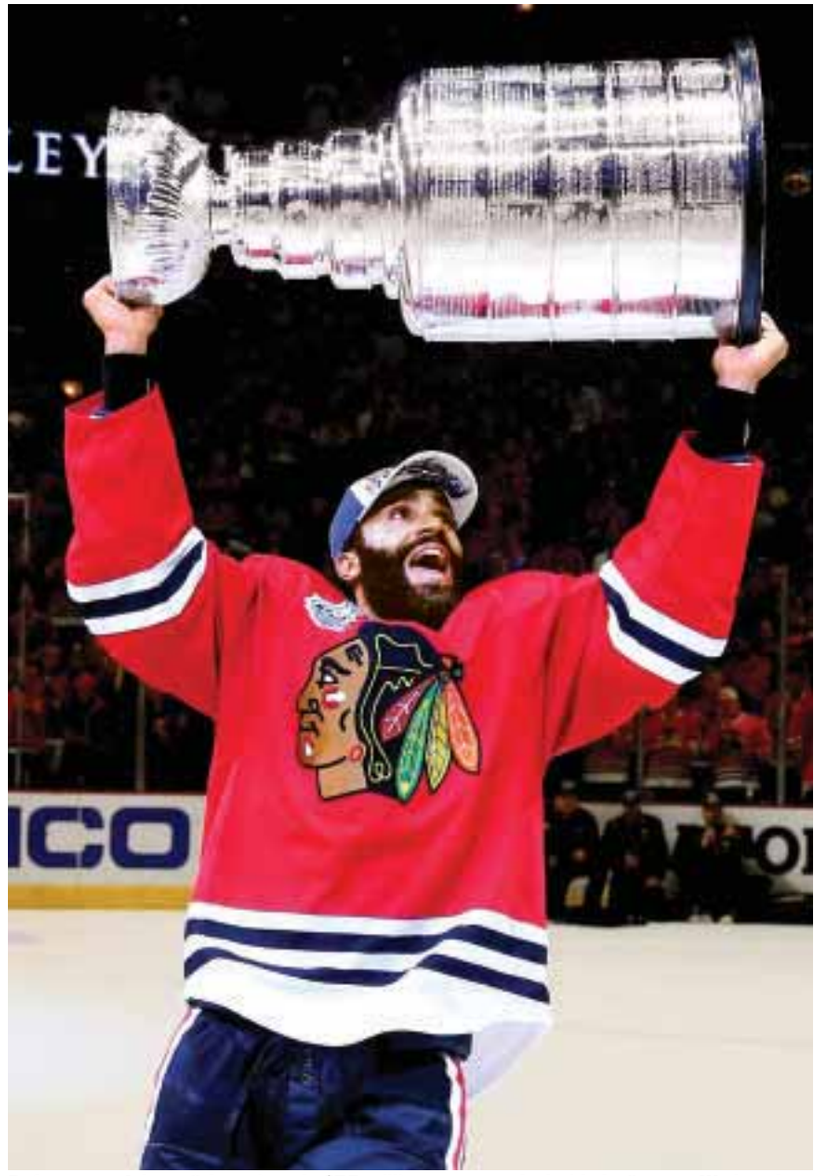
THE ASSOCIATED PRESS

SECRECY

FIFA's ethics committee wants to lift secrecy rules that protect accused officials from being identified and keep case details private.

Fighting back against rules imposed by FIFA's scandal-hit executive committee in 2012, ethics prosecutor Cornel Borbely and judge Joachim Eckert said Thursday that more openness would help curb offending.

The Stars of the off-season



Defenceman Johnny Oduya signed a $7.5-million, two-year deal with the Stars on Wednesday.
BRUCE BENNETT/GETTY IMAGES

NHL

Dallas fortifies its roster with a trio of proven Cup winners

The Stanley Cup isn't won in the off-season. If it was, start engraving the trophy for the Dallas Stars.

With the signing of defenceman Johnny Oduya on Wednesday, the Stars put the finishing touches on an off-season that didn't transform the roster but filled the kind of holes that should put them back in the playoff picture.

"We're in the beginning of, I think, where we should be starting to make the jump," general manager Jim Nill said.

Dallas acquired and signed Antti Niemi to a deal that strengthens its goaltending, even if it's at a hefty price of $4.5 million US over three years. The Stars then traded defenceman Trevor Daley and bottom-six forward Ryan Garbutt to the Chicago Blackhawks for scoring winger Patrick Sharp and defensive prospect Stephen Johns.

Signing Oduya, who won the Cup with the Blackhawks last month, to a $7.5-million, two-year deal was "the last piece of the puzzle," according to Nill. What it did was effectively replace Daley and make the Sharp trade look even sharper.

Oduya is 34 now, perhaps a step slower than he was as a teenager when Nill scouted him. But he's an immediate upgrade on the Dallas blue line.

"Once we knew we were going to make that trade, losing Trevor Daley, I knew (adding a defenceman) was something we wanted to look at," Nill said on a conference call Wednesday. "Any time you can add a player of Johnny's stature, somebody that has won, a guy that does everything right, you can't go wrong with it."

In Niemi, Sharp and Oduya, the Stars added three players with Blackhawks Cup rings. That pedigree was something Nill considers important, but he made each move for a different reason.

Sending a seventh-round pick to the San Jose Sharks for Niemi's rights and signing him took care of what Nill called his biggest need. He cited the Stars' brutal travel schedule — which according to On the Forecheck includes the third-most kilometres in the NHL and 12 back-to-backs — for wanting Niemi and fellow Finnish veteran Kari Lehtonen to split the goaltending work.

"I really think it's becoming a two-goalie league now," Nill said at the draft in Sunrise, Fla. "It's hard. You look around the league at the teams that had a lot of success, it's because of two goalies."

THE CANADIAN PRESS

SCORING PUNCH

Sharp gives the Stars another top-six forward to complement Art Ross Trophy-winning captain Jamie Benn, centres Tyler Seguin and Jason Spezza and young winger Valeri Nichushkin. Nill said the 33-year-old Sharp brings good veteran leadership to a young team.

NHL

Ribeiro settles sex assault lawsuit

Predators centre Mike Ribeiro and his wife have settled a lawsuit in which their nanny accused the player of sexual assault.

An arbitrator met July 6 for eight hours before settling the lawsuit. His report was entered Wednesday in the Eastern District of the U.S. District Court in Texas.

The settlement came as an amended complaint was filed June 18 providing more details to her lawsuit. The complaint detailed allegations of an assault in August 2012 when the then-18-year-old woman helped the Ribeiro family settle into their new home in McLean, Va., after working as their babysitter for six years while he played for the Dallas Stars.

Mike Ribeiro
GETTY IMAGES

THE ASSOCIATED PRESS

NBA IN BRIEF

Barea's deal given a boost
The Dallas Mavericks have re-signed point guard J.J. Barea, who will back up Deron Williams.

Barea signed a four-year, $16-million contract. He originally agreed to a two-year deal at less than $6 million, but Dallas had more money under the salary cap without the max contract of four years and $80 million for DeAndre Jordan, who backed out on a deal and re-signed with the Los Angeles Clippers. THE ASSOCIATED PRESS

TOUR DE FRANCE

Froome still leads after the Pyrenees

One mountain range completed, one more to go.

Only the Alps loom as the last major obstacle between Chris Froome and a second Tour de France victory in Paris.

His rivals tried and failed to make the British rider and his super-strong Sky team wilt on the last day of climbing in the Pyrenees on Thursday, on Stage 12 won by Joaquim Rodriguez of Spain, who gritted his teeth in driving rain on the final climb for his second stage win.

Chris Froome
GETTY IMAGES

"There are only a certain amount of opportunities before we get to Paris," Froome said. "We've just got to expect everything to be thrown at us."

But to get to the 2013 champion, Froome's rivals must first get past his teammates. And that is a problem. THE ASSOCIATED PRESS

Spieth, Johnson lock horns again

BRITISH OPEN

Jordan two off leader Dustin in repeat of U.S Open battle

Americans Dustin Johnson and Jordan Spieth, paired together for the first round, are again in a duel in the early stages of the year's third major. Johnson missed a putt to hand Spieth the US Open title in June. STREETER LECKA/GETTY IMAGES

Johnson tees off on the second hole during the first round at St. Andrews. The athletic American has been out-hitting Spieth off the tee by 36 yards. ANDREW REDINGTON/GETTY IMAGES

Jordan Spieth played like he had a Grand Slam to win. Dustin Johnson played like he had a score to settle.

The two main characters from Chambers Bay brought their games across eight time zones and an ocean Thursday and set the tone at St. Andrews for what could be another riveting battle at the British Open.

Spieth quickly seized on his opportunity for a third straight major with six birdies in his first 11 holes, fought through a chilly wind on the inward nine and closed with a birdie for a 5-under 67 that put him two shots out of the lead.

Johnson, whose three-putt from 12 feet on the final hole cost him a shot at the U.S. Open, looked as daunting as ever. He simply overpowered the Old Course with such force that he hit wedge into 10 of the par 4s and had an eagle putt on another. With a pair of big par saves on the tough closing holes, he played bogey-free for a 65 and for at least a day made good on a warning he made earlier in the week.

65

Leader Dustin Johnson's score after a bogey-free first round on the old course

Asked about Spieth's chances to sweep the four majors, Johnson said, "Well, I'm playing the next two so we'll have to see."

This was hardly a two-man show. The six players who were one shot behind at 66 included former British Open champion Paul Lawrie and two-time U.S. Open champion Retief Goosen. Jason Day, coming off his scary bout with vertigo symptoms at the U.S. Open, was back on his feet and back in the hunt. Most impressive from that group were Zach Johnson and Danny Willett, who posted their scores as the temperature dropped and wind stiffened late in the afternoon.

Spieth was joined at 67 by Louis Oosthuizen, the last Open champion at St. Andrews.

"If D.J. keeps driving it the way he is, then I'm going to have to play my best golf to have a chance," Spieth said. The real test might come from the weather.

Spieth and Johnson got a break by playing in the morning when St. Andrews was ripe for scoring — 10 of the top 12 scores came from that side of the draw. That didn't help Tiger Woods, who hit into the Swilcan Burn on the opening hole, made only one birdie and shot 76.

"Guys have been shooting good numbers," said Woods, a two-time Open champion at St. Andrews. "Unfortunately I did not do that." Instead, he was headed for a missed cut for the third time in his last four majors.

The afternoon wave suffered in chill and wind so strong that Phil Mickelson hit driver and 3-wood and didn't reach the 465-yard 13th hole. He said he had to hit 5-iron for his third shot on the par-5 14th. Johnson was pin-high with a 3-wood in the morning. Mickelson made only one bogey on the back nine and shot 70. He called the conditions "fun," though his smile might not last if the morning group doesn't face the same conditions.

The first 26 groups had an average score of 71.46. The last 26 groups averaged 72.62.

> **If D.J. (Dustin Johnson) keeps driving it the way he is, then I'm going to have to play my best golf to have a chance.**
>
> American Jordan Spieth on his British Open and Grand Slam chances

Rickie Fowler, coming off a victory in the Scottish Open, said the final seven holes was "hanging on for dear life." He made two bogeys, one eagle and 15 pars for a 72.

The forecast was for rain early Friday and wind calming as it clears, followed by stronger gusts in the afternoon. Saturday could have gusts approaching 40 mph. Spieth already has shown at the Masters and U.S. Open that power isn't everything. And while he laid back on several holes — Johnson's tee shots were on average 36 yards longer — Spieth can score.

He birdied four of the first six holes with putts inside 12 feet and took a share of the lead with a 10-foot putt on the par-3 11th. His main mistake came in bunkers. Not many can appreciate the route Spieth is taking. Only five other players since 1934 have won the first two majors of the year. Only Ben Hogan has won the Masters, U.S. Open and British Open in the same year. No one has won all four.

The key for Spieth in the first round was to stay close, and that's what he did — not in driving distance, but by score, which ultimately is all that matters.

THE ASSOCIATED PRESS

HARDEST HOLE

The Road Hole, the 17th, was by far the toughest hole on the Old Course, playing closer to a par 5 than a par 4. No one made a birdie on the hole, but Dustin Johnson was one of 53 players who managed to make par on his way to the first-round lead.

UFC

Kindred spirit Tyson visits Rousey ahead of match in Rio

UFC fighter Ronda Rousey and former boxer Mike Tyson share a light moment after her workout at Glendale Fighting Club on Wednesday in California. JAE C. HONG/THE ASSOCIATED PRESS

Moments after Mike Tyson stepped into the Glendale Fighting Club, Ronda Rousey grabbed her judo coach and abruptly flung him onto the canvas with an enormous bang.

This training violence unsettled Iron Mike, whose eyes widened in awe while Rousey repeatedly hip-tossed Justin Flores with the same brute skill. The former heavyweight champion finally spoke up. "It just doesn't look fun no more," Tyson said with a smile. "It's fun for me," Rousey replied from the cage. "I don't know about him."

Tyson once dominated boxing in much the same way Rousey dominates mixed martial arts, overwhelming every opponent in their paths with a mixture of pre-fight intimidation, hard-earned skill and unstoppable force. Dana White realizes the comparison is inexact, but the UFC president believes no other athletes in the so-called combat sports have separated themselves from their competition more than Tyson and Rousey over the past 30 years.

"These are two of the greatest to ever walk the planet in their sports," White said. "Not many people in the world can relate to that."

Although the 49-year-old Tyson is years removed from any interest in competition, he saw shades of himself in the UFC's most authoritative champion.

"Ronda, she's a lady. Polite, kind, sweet and adorable," Tyson said. "But her whole barometer is, she's a killer. She has that killer aura. That's exciting before the fight even starts. I think of myself when I watch her."

> **These are two of the greatest to ever walk the planet in their sports.**
>
> UFC president Dana White

Rousey replied with a compliment of her own for the boxing legend. "It's very humbling, and I was just honoured that he would go through the trouble or go out of his way to watch me train."

Rousey (11-0) is the only women's bantamweight champion in the UFC's history, and the two-time U.S. Olympic judoka has dominated her new sport. She is heavily favoured to win her next bout against Bethe Correia at UFC 190 in Rio de Janeiro on Aug. 1, but that hasn't stopped it from becoming one of the most attractive pay-per-view fights of the year, according to White.

Rousey has promised to make her next fight painful for Correia, the trash-talking Brazilian who has mentioned Rousey's late father in her pre-fight taunts.

THE CANADIAN PRESS

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OMG: GAME SHOW BRINGS DREAMS TO YOUR DOOR MAT

Ryan Seacrest has noticed a pattern when he knocks on a stranger's door.

"Most men answer the door without a shirt on," he said in a recent interview.

The American Idol host picked up on this while preparing for his new game show, Knock Knock Live, premiering July 21 on Fox (9 p.m. EDT).

On his new show, answering a knock on the door could lead to a major surprise.

Seacrest will be in an L.A. studio while a team of helpers like Kellie Pickler and Ross Mathews arrive at the front door of people across the U.S. (Participants can apply to appear on the show or are nominated.) When they answer the door, they're given a challenge. They can win prizes, meet celebrities or have a dream come true.

"Some will get cash, some will get a new car. Some will meet their celebrity crushes. Some will have a random game happen in their front yard or on their street," Seacrest said. "We've tailored all of our responses to hopefully put a smile on people's faces and change their life a little bit. The fun thing about it, for me, is that this is a live show, so we don't have an idea of what's gonna happen." Seacrest said the key was finding "great stories."

"It was like, 'Let's find people who are nominated who deserve something special, who are extraordinary people."

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IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
What you want to do and what you have to do will be two different things today, but there is no point getting annoyed because others have the upper hand. It won't be long before the roles are reversed.

Taurus April 21 - May 21
Your reputation seems to be heading south in some people's eyes. What have you done to turn them against you? Probably no more than to tell the truth about something they feel strongly about.

Gemini May 22 - June 21
You will find it exceedingly easy to guess what people are planning over the next 24 hours. Add to that the promptings of your inner voice and you can't go wrong.

Cancer June 22 - July 23
It may feel as if time is running out, that if you don't make a move soon you will miss out on an opportunity. But the planets urge you to be aware there are no shortcuts to success.

Leo July 24 - Aug. 23
Things that made no sense to you at all a short while ago will make perfect sense today and over the weekend and by the time the Sun moves in your favor on the 23rd you will wonder why you found it so hard to get your head in gear.

Virgo Aug. 24 - Sept. 23
By all means help a friend if they are in trouble today but don't cover up for them. The most important thing now is that they come clean about their mistakes.

Libra Sept. 24 - Oct. 23
There is still time to do something dramatic, something that impresses those in positions of power, so get to it. You may not want to be the centre of attention but it goes with the territory.

Scorpio Oct. 24 - Nov. 22
The planets warn that certain people will try to bully you into abandoning ideas and opinions that mean a lot to you — and you must fight them every inch of the way.

Sagittarius Nov. 23 - Dec. 21
Today's events will manoeuvre you in a direction you are not sure you want to go. According to the planets it is not only the right thing for you but, deep down, you know it is too, so don't fight it too hard.

Capricorn Dec. 22 - Jan. 20
Your needs and desires have not been satisfied to any great extent in recent weeks but be of good cheer. In a matter of days you will get the chance to make up for lost time. Today though you should let others have their own way.

Aquarius Jan. 21 - Feb. 19
One day soon you will look back and laugh at the things you allowed yourself to get worked up about. That day will come quicker if you refuse to give in to the emotional side of your nature.

Pisces Feb. 20 - March 20
The Sun remains in the most creative and dynamic area of your chart only until the 23rd, so there is still time to do something amazing but you have got to be quick.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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RECIPE Chocolate Chip Cookie "Pizza"

EAT LIGHT AT HOME

Rose Reisman
rosereisman.com
@rosereisman

This is the most entertaining way to enjoy a classic cookie recipe! Serves 12.

Ready in
Prep time: 5 minutes
Cook time: 20 minutes

Ingredients
- 1/4 cup vegetable oil
- 1/3 cup brown sugar
- 1/3 cup white sugar
- 1 egg
- 1 tsp vanilla extract
- 1/2 tsp baking soda
- 1 cup all-purpose flour
- 1/2 cup semisweet chocolate chips
- 1/2 cup raisins or dried cranberries

Garnish
3 Tbsp semisweet chocolate chips
Icing sugar

Directions

1. Preheat oven to 350 F. Spray a 10" oven safe skillet with vegetable oil.

2. In a bowl, add oil, both sugars, egg and vanilla until well mixed. Add remaining ingredients, except for garnishes and mix until flour is incorporated. Spread evenly into skillet and bake for 20-25 minutes. The longer you bake, the crisper the texture.

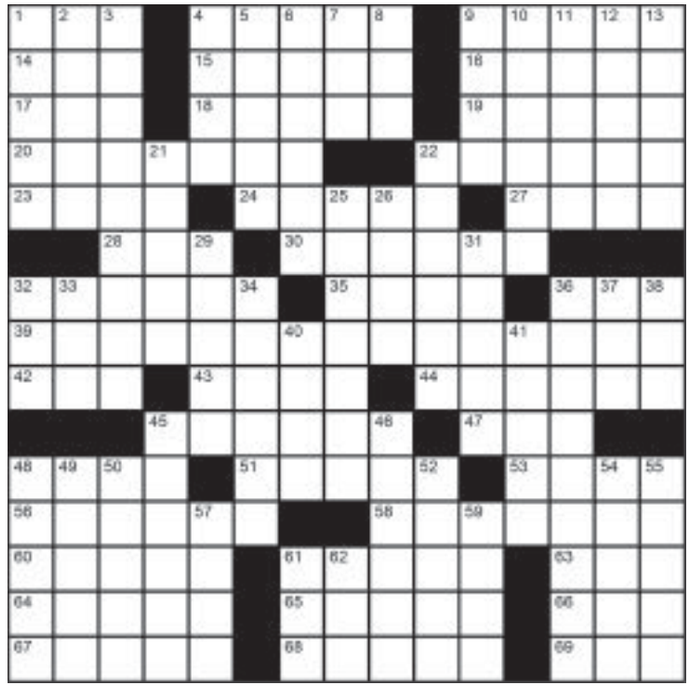
3. In a microwaveable bowl, melt remaining chocolate on medium heat in microwave for 30 seconds or just until chocolate begins to melt. Drizzle over top of cookie and dust with icing sugar.

Nutrition per serving
- Calories 200
- Protein 2 g
- Carbohydrates 30 g
- Fat 8 g
- Saturated fat 2.5 g
- Cholesterol 20 mg
- Sodium 65 mg
- Fibre 1 g

PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Orlando's li'l state
4. Social customs
9. __ of 2015
14. Towel holder
15. Sporty rock concert venue
16. Major artery
17. In the past
18. Straight-__
19. Carbonated beverages
20. As per #39-Across... Matthew Cuthbert's sister
22. Cakes creators
23. Barenaked Ladies song
24. Wet with a gardening hose
27. Like ballpoints
28. Super __ (Old video game console by Nintendo, commonly)
30. __ __ an idea (Persuade about a course of action, for example)
32. "...pain, __ __." (Bodybuilder's mantra)
35. "__ __ I say, not..."
36. Neg. opposite
39. Montreal-born "Anne of Green Gables" actress who played the character at #20-Across: 2 wds.
42. Demure
43. Merriment
44. Gown and cap wearer
45. Do additional lawn work
47. Barley bristle
48. Sole spot
51. Root used in perfumes
53. Bounced-back sound
56. Scottish pattern
58. Beverage in Anne of Green Gables, Raspberry __
60. Prognosticate
61. Competently
63. A.A. Milne play, Mr. __ Passes By
64. Gawk
65. Particular purple
66. "Much __ About Nothing" (1993)
67. Reddish-brown hair rinse
68. Pinnacles
69. __ Vegas

DOWN
1. Painting border
2. Mount in the Yukon, Canada's highest to attraction
10. Check up on/take a peek: 2 wds.
11. "Insensitive" singer Jann
12. Barren
13. Cheeky
21. Pretty perfect
22. Community regulations regarding fences, pools, trees, etc.
25. Alberta city: 2 wds.
26. "Wake Me Up" singer Mr. Blacc
29. Warfare attack
31. Ice Cube, aka __ Jackson
32. ___-1701 (U.S.S. Enterprise marking)
33. Ghost's sound!
34. Mr. Mandela
36. School bigwig
37. Bear, in Barcelona
38. Gibraltar, e.g.
40. __-do-well
41. Not married
45. Bring back
46. Declaration
48. Cache
49. Fashion: __ couture
50. Hockey game instrument
52. Crack
54. __ Gwaii (Queen Charlotte Islands, now)
55. Edward James __, "Battlestar Galactica" star
57. Domain
59. Deli loaves
61. Grammy competitor, commonly
62. BC's li'l ocean
3. In a highly cherished manner
4. West Edmonton __
5. Verbal tests
6. Briefly summarizes
7. Opposite WSW
8. Unhappy
9. __ Loma, Toron-

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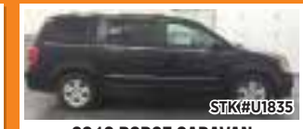

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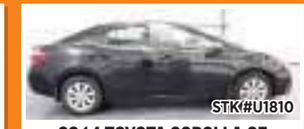

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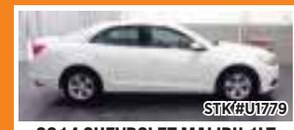

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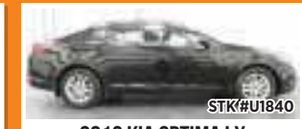

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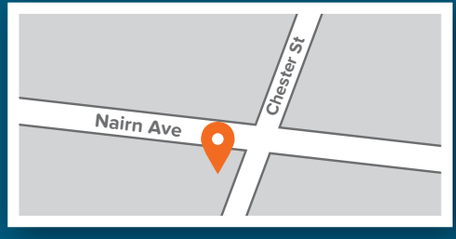

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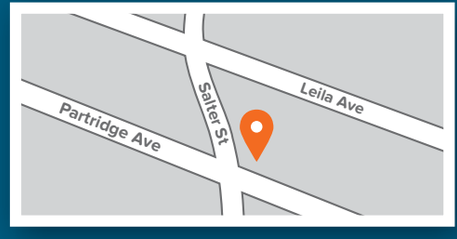

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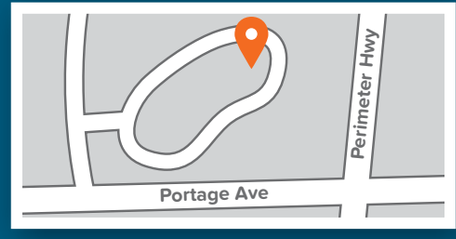
At Partridge Avenue



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